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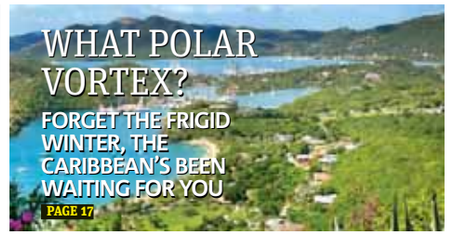
As if high school isn't stressful enough ...

Some diploma earners may not be allowed to walk the stage at Calgary's Lord Beaverbrook high, and that has students concerned PAGE 4



MORE GOLDEN RETURNS

Olympic long-track speedskaters Gilmore Junio, left, and Denny Morrison arrived back in Calgary from the Sochi Olympics on Tuesday afternoon and posed for photos with fans like five-year-old Carter Davidson. CANDICE WARD/FOR METRO

Breastfeeding mom offered an apology

Legal action. Lisa Garrett considering filing a human-rights complaint over courtroom incident

Alberta Justice has apologized and instructed its security staff not to interfere with breastfeeding mothers in courtrooms after a woman nursing her baby was told by an armed sheriff to cover up or take the child into a bathroom.

Vauxhall resident Lisa Garrett said she was shocked when a sheriff approached her in the corner of a Taber courtroom on Feb. 4, where she had begun to breastfeed her nine-month-old son while waiting for her husband to have a traffic offence addressed.

"I had done the best I could to have modesty," Garrett said. "But then this female sheriff came up to me … and she said if you can't cover him, you're going to have to go to the bathroom to feed him."

Garrett said she knew her rights but felt intimidated and "didn't want to cause a big fuss in the courtroom," so she agreed to be escorted to the bathroom, but told the sheriff she wouldn't nurse there.

"I said to her, 'Do you eat your lunch in the bathroom?'"

Garrett said she was then offered an empty office to nurse in, but was interrupted by a lawyer and client who needed the room, and eventually ended up back in the bathroom where she finally relented and fed her baby while another woman urinated in a stall.

"I sat on the floor and I cried and I apologized to my son," she said. "I told him he would never, ever eat in a bathroom again."

Alberta Justice spokesperson Brendan Cox told Metro the sheriff involved had been "spoken to" and information had been issued to all courthouse sheriffs "to remind them that breastfeeding is an integral part of being a mother."

Jodine Chase with the Breastfeeding Action Committee of Edmonton said her organization tracks about a dozen complaints a year from women who encounter "discrimination or harassment when they're breastfeeding in public."

"But I suspect it happens more often than that," she added. "And when it does happen, those women are sometimes really made to feel ashamed."

ROBSON FLETCHER/METRO

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Liquor laws.
Cops taking back seat on debate

Calgary's police chief is sticking to the sidelines of a debate over whether Alberta should loosen laws on when and where liquor can be served.

Provincial cabinet ministers have mused about changes after allowing alcohol to be served during Sunday's 5 a.m. Olympic gold-medal hockey game generated rave reviews and few, if any, incidents for police in both Calgary and Edmonton.

But Calgary police Chief Rick Hanson told members of the service's oversight commission Tuesday that he will reserve opinions on the matter and wait on guidance from the province.

"We can adjust to whatever we need to adjust to," Hanson said. "Certainly, there's arguments around extended (bar-closing) hours. There have been studies that show there's a benefit because it smooths out the bumps as it relates to people pouring out onto the street at one point in time versus numerous points in time."

Hanson said the key will be consulting with the public.

Councillors are also preparing a notice of motion that would stagger bar closing times, according to Coun. Diane Colley-Urquhart. But she admitted it's unclear if the city has jurisdiction to implement such changes. "As far as this consultation goes ... we have to be at the table and let them know our views."

JEREMY NOLAIS/METRO

Animal neglect on reserve 'widespread'

Graphic content.
Rescue workers routinely find dogs frozen to death

These dogs were found frozen to death in a crate on the Morley reserve in December by the Rocky Mountain Animal Rescue. The group says such discoveries are becoming more common on the lands west of Calgary. COURTESY ROCKY MOUNTAIN ANIMAL RESCUE

Animal rescue workers say they're overwhelmed with the number of dogs being found left out in the cold on a reserve west of Calgary.

Rory O'Neill estimates her Rocky Mountain Animal Rescue recovered 250 canines from Morley in 2013 alone — many under a year old. She said some die on the way to the group's sanctuary in Canmore and others succumb to the elements long before aid arrives.

In one particularly grisly case in December, seven dogs were found frozen to death in a crate.

Previously, a mother dog was found alive but the milk lactating from her nipples had left her frozen to the ground.

Elsewhere, a small pup rescued by members literally urinated ice crystals.

"That one didn't even make it back, it died in the truck on the way to the vet," O'Neill said.

"The neglect is widespread and it causes a lot of pain ... we find more and more each year."

Another discovery by O'Neill's team in Morley last week has spurred an RCMP criminal investigation, officials announced Tuesday.

Police say a dog was found tied to a fence and shot. Investigators are also probing links to the body of a second animal found on the same property.

Cpl. Mel Calahasen has worked with band leaders for a dozen years and acknowledged problems with strays have been "consistent throughout."

He suggested a rise in animal-care issues on Morley this past year specifically could be due to a particularly bitter winter as well as lingering issues related to residents being displaced by last spring's flooding.

Calahasen noted only criminal matters land on his desk, but urged pet owners to get animals spayed or neutered.

"From a cultural perspective, the people out there generally want to look after their animals and do the best they can," he added. "I think a lot of it is that the animals lack discipline so they have a tendency to get away from their home."

O'Neill, meanwhile, called for donations from the general public, noting insulated doghouses and even simple household items like paper towels can go a long way to assisting underprivileged pet owners on the reserve.

Others familiar with the struggles of stray and neglected animals on First Nations land are quick to recommend tighter regulations. Lori Rogers co-founded the Dogs With No Names Project in 2009 to address a surge in unwanted and suffering dogs on Tsuu T'ina Nation, which borders Calgary. Workers with the group began rounding up stray dogs and using a contraceptive implant to prevent reproduction. The team later undertook similar efforts on other southern Alberta First Nations lands like Siksika and at Eden Valley.

"There's no animal control," she said. "We would have the same thing in the City of Calgary if we didn't have laws and bylaws. We pay to licence them (pets) and then there's an animal services that can go around and pick up. That's something that doesn't exist on First Nations (land)." JEREMY NOLAIS/METRO WITH FILES FROM BRYAN WEISMILLER

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Students protest grad policy

Lord Beaverbrook High School. Some diploma earners may not be allowed to walk stage

Grade 12 student Bailey Bates struggles with arithmetic but has no problem suggesting new policies concerning grad ceremonies at Calgary's Lord Beaverbrook High School don't add up.

The new rules, introduced by principal Jim Simpson, specify that students will only be allowed to walk the stage on graduation day if, among other requirements, they achieve a mark of 50 per cent in all of their fall and winter classes during their senior year. The policy has left Bates nervous as he anxiously awaits a mark for his Math 30-2 diploma exam — he had been sitting on a mark of 60 per cent heading in.

But provincial requirements specify that only 20-level math is needed to graduate and Bates' transcripts project he's well over the 100-credit requirement for an Alberta diploma as well (a projection on his transcript indicates he could end up with 150).

"I will still get my diploma but I may not be allowed to walk the stage," he said. "The idea of me knowing that I potentially won't be with my fellow peers in graduating takes away from that experience. I know a lot of students that are in the same position with other (courses) as well and they've been put in some classes they don't even want to be in."

Bates doesn't appear to be alone in his criticism of the rules, as an online petition calling for a change to the 50-per-cent provision has already been signed by nearly 750 people. Even people claiming to be teachers have posted comments calling for Simpson to change his stance.

"As a teacher, I feel this requirement is unreasonable, especially since some students experience extenuating circumstances in their graduating year," wrote Kendall Delamont.

Lord Beaverbrook High School student Bailey Bates fears he may not be able to partake in graduation-day proceedings despite meeting the provincial requirements to earn his diploma. A new policy that has come into effect at Beaverbrook this year bars students from walking the stage and attending their graduation banquet if they fail a Grade 12 course.
JEREMY NOLAIS/METRO

"I am currently working with some Grade 12 students who have met the requirements to graduate, but will be unable to walk the stage with the current regulations.

"Allow them the environment to succeed rather than further increasing the stress of an already very stressful year."

The policy also says students failing to meet the requirements will not be granted access to the graduation banquet.

Requests for an interview with Simpson were met with an emailed statement from the Calgary Board of Education. It says administrators at Lord Beaverbrook will hold discussions with teachers, parents and students in any case where a mark of 50 per cent was not achieved.

"The outcome of that discussion will vary depending upon the reasons why the student did not achieve 50 per cent," a portion of the statement reads.

JEREMY NOLAIS/METRO

On the web

To view a full copy of the statement from the Calgary Board of Education on Lord Beaverbrook's graduation policy and to review the entire document, head to metronews.ca.

McCall Lake

City pitch to close golf course lands in the rough

Golfers debating the closure of a 27-hole course all agreed on one thing Tuesday night — and that's the need for more greenery.

For fans of McCall Lake, that meant saving the only municipally owned fairways in the city's northeast quadrant.

For parks and recreation officials, that meant more cash to plug the network's $35-million budget hole over the next decade.

During Tuesday's meeting at the Southland Leisure Centre, Calgary manager of Golf Operations Kyle Ripley told roughly two dozen non-staff attendees that the McCall Lake was selected because it's been a perennial money loser over the past three years.

Last month, the city announced it would keep McCall Lake open through the 2015 season and solicit more feedback on the contentious closure before it goes to city council.

BRYAN WEISMILLER/METRO

Calgary bobsled pilot puts his healthy dessert to the test

Brad Reinsch COURTESY OF CBC

Calgary bobsledder Brad Reinsch put his best skills to a different type of test on a new culinary TV show set to air Wednesday across Canada.

The debut episode of Recipe to Riches on CBC will feature the 37-year-old pitching a healthy dessert he invented to a team of celebrity judges, including Arlene Dickinson of Dragons' Den fame and celebrity restaurateur Vikram Vij.

Reinsch's "Coco Nut Nut Bars" will go head-to-head against the unique creations of two other contestants, each vying for a $25,000 prize and the opportunity to have their dessert become a President's Choice product.

The bobsleigh pilot, who narrowly missed making the Canadian Olympic team, said he came up with the recipe through trial and error after finding no healthy dessert options on the commercial market that actually taste good.

"I definitely have a sweet tooth, and when you're trying to eat healthy, that was the biggest thing that gave me trouble trying to give up," Reinsch said.

Wednesday's episode, set to air at 9 p.m., will be the first of five pre-taped shows.

Viewers will be able to vote online for their favourite competitors, with the five winners returning for a live series finale on April 2 and a shot at a $250,000 grand prize.

Reinsch said he did the taping for the show last summer, and while he already knows the outcome (which he can't share, due to a non-disclosure agreement), he's looking forward to seeing what the final cut of the episode looks like when it goes to air.

He just might have to watch it on tape delay.

"We actually have the provincial championships … on Thursday and Friday this week and we have official training (Wednesday)," he said. "I might have to PVR it and watch it when I get home from the track."

ROBSON FLETCHER/METRO

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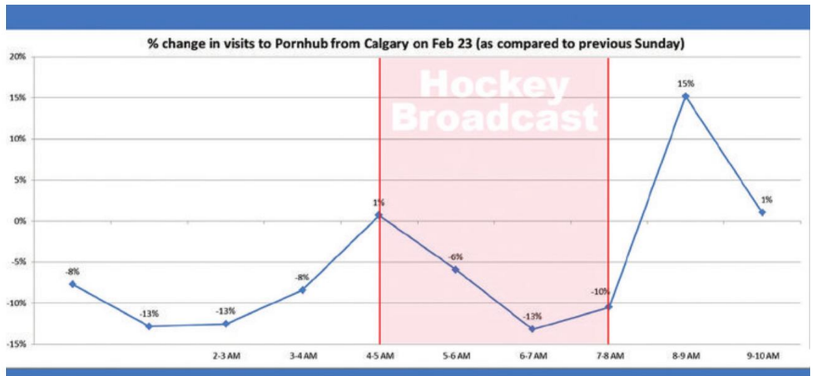


Up, up and away! One of the world's largest porn websites reports online traffic jumped 15 per cent in Calgary following Team Canada's gold medal-winning performance in Sochi. COURTESY PORNHUB.COM

Fans gone wild in post-gold blowout

Victory spawns new kind of celebration.

Calgary's online porn surfing surges after Canada's big score

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

In the fervour of Olympic hockey gold, Calgarians turned to do some early morning stick-handling of their own.

New figures from what's billed the world's largest porn website indicate a "huge spike" in online traffic after a significant dip during Team Canada's big win.

PornHub.com reported X-rated surfing dipped as low as 13 per cent compared to the same time the previous Sunday. After the final whistle, consumption jumped 15 per cent above last week, comparatively.

"Interestingly, traffic to PornHub from Calgary was down during the night," company spokesman Mike Williams told Metro. "This is probably because many people decided to sleep early to catch the game in time."

University of Calgary professor Rebecca Sullivan, who has researched and taught on the subject of pornography, says the data reinforces a well-documented link between major sporting events and surges in online porn surfing.

While she was quick to point out that neither watching sports nor watching porn are necessarily signs of "men behaving badly," Sullivan warned the combination of both in a homosocial environment — one where men try to one-up their buddies — can take a turn for the worse.

"We know that the atmosphere around sporting events can be supercharged with forms of masculinity that are unfortunately also wrapped up with a lot of homophobic and misogynist behaviour," she said.

After the 2010 Vancouver Olympics, an Edmonton-based utility company famously attributed sharp fluctuations in water consumption to bathroom breaks between periods during the gold-medal game.

Officials with city water services and Enmax were unable to provide game-time variations for the services their organizations offer.

Willow Park students go back to school after fire

Students literally danced in the halls of Willow Park School as the bell rang Tuesday, signalling the return to classes at the facility for the first time since fire tore through it in October.

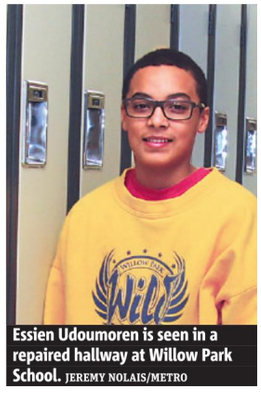
"We can persevere … we, in fact, are bigger than an event. We actually are bigger than a building," said principal Leslie Robertson of the lessons staff and students took away from being displaced for five months. "We are stronger because of this event."

Roughly 600 Willow Park students had been housed together at the Viscount Bennett Centre, about 20 kilometres to the north, while repairs were undertaken on the building.

That led to long commutes for students like Essien Udoumoren, who said it took nearly an hour on the bus to get to school when the roads were bad.

"It was kind of hard to get used to because we only went there for a few months," he said of Viscount Bennett. "With this school, it's more familiar and we know what we're doing."

Police also issued a new plea for information about the fire, which they believe was deliberately set. JEREMY NOLAIS/METRO



Essien Udoumoren is seen in a repaired hallway at Willow Park School. JEREMY NOLAIS/METRO

More charges expected.
Teen arrested in 2012 beating death of refugee

More than two years after a Sudanese refugee was beaten to death in Bankview, police announced Tuesday they have charged a suspect in the case.

Gatleak Thor Metkurjock died in hospital in January 2012 after attending a house party near 21st Avenue and 16th Street S.W.

On Tuesday, officers arrested a 19-year-old man without incident.

Authorities say the accused cannot be named under provincial law because he was under the age of 18 at the time of the alleged murder.

"Further charges are anticipated," police said in a news release.

METRO

Beloved police dog

Quanto's killer pleads guilty to animal cruelty

A man has pleaded guilty to animal cruelty in the death of an Edmonton police dog.

Paul Joseph Vukmanich repeatedly stabbed the dog named Quanto last October while he was fleeing from police.

Officers had set the German shepherd loose after Vukmanich crashed a car with stolen plates and ran away on foot.

Police complained at the time that the strongest criminal charge that could be laid was cruelty to an animal.

The federal government said in its fall throne speech that it plans to bring forward "Quanto's Law" to protect police animals, but didn't specify what that might entail.

THE CANADIAN PRESS

artBOX opens a 'treasure trove' of emerging talent

Artist Deng Chol Duot discusses his paintings with visitors to artBOX, located at 1807 42nd St. S.E., on Tuesday. ROBSON FLETCHER/METRO

Forging connections.
Former warehouse now allows all kinds of artists to share their craft

ROBSON FLETCHER
robson.fletcher@metronews.ca

Deng Chol Duot uses art to lift his spirits and artBOX to connect with others in the Forest Lawn community as well as the city at large.

"This space, it has helped," said Duot, originally from South Sudan, on Tuesday. "It has encouraged me so much."

The 5,400-square-foot space on 17th Avenue S.E. used to be a warehouse but sat empty for years until it was reborn last summer as a community space that also serves as a showcase for art.

Supported by area businesses and Calgary Arts Development Authority (CADA), artBOX provides a space for artists of all kinds to showcase their work. However, it's not a simple gallery.

"You need to engage with this community and with the businesses," said Sharon Stevens, who co-ordinates special events for the BRZ.

Jordan Baylon, a community investment officer with CADA, said artBOX is helping access untapped talent.

"In neighbourhoods outside of the downtown core … there's a treasure trove of artistic activity and cultural value that's really just looking for more opportunities to connect," he said.

Grant money

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The approximate total value of four grants Calgary Arts Development announced Tuesday as part of its Greater Forest Lawn Project

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Thai woman raises fists against government in protest

An anti-government protester raises her clenched fists as she listens to a speech by anti-government protest leader Suthep Thaugsuban in Bangkok, Thailand, Tuesday. The protesters, mostly representing the urban elite and those in the south, are pressing for the resignation of Prime Minister Yingluck Shinawatra. SAKCHAI LALIT/THE ASSOCIATED PRESS

Tensions soar in Crimea against Kyiv 'bandits'

'Russia, save us!' Protesters in the pro-Russian region of Crimea aren't ready for the change in Ukraine's government

Dozens of pro-Russian protesters rallied Tuesday in the Ukrainian peninsula of Crimea against "the bandits" in Kyiv who are trying to form a new government — with some even speaking of secession. A lawmaker from Russia stoked their passions further by promising them that Russia will protect them.

As a Russian flag flew Tuesday in front of the city council building in Sevastopol — a key Crimean port where Russia's Black Sea Fleet is based — an armoured Russian personnel carrier and two trucks full of troops made a rare appearance on the streets of the city.

The Crimean Peninsula — a pro-Russian region about the size of Massachusetts or Belgium — is a tinder pot in the making.

Protesters had torn down the Ukrainian flag a day ago, pleading with Moscow to protect them from the new authorities in Ukraine who have forced President Viktor Yanukovych to flee Kyiv, the capital, and go into hiding.

"Bandits have come to power," said Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol. "I'm ready to take arms to fight the fascists who have seized power in Kyiv."

Yanukovych's whereabouts are unknown but he was last reportedly seen in the Crimea. Law enforcement agencies have issued an arrest warrant for Yanukovych over the killing of 82 people, mainly protesters, last week in the bloodiest violence in Ukraine's post-Soviet history.

Chanting "Russia, save us!" the protesters gathered for a third day before administrative buildings in Sevastopol and in other Crimean cities. The protests Sunday numbered in the thousands.

Ukraine's new authorities are clearly concerned about the tensions in Crimea. The country's interim leader, Oleksandr Turchinov, met with top security officials Tuesday to discuss the situation there. THE ASSOCIATED PRESS

Quoted

"Bandits have come to power. I'm ready to take arms to fight the fascists who have seized power in Kyiv." Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol

Lending support

Baird set to travel to Kyiv

Foreign Affairs Minister John Baird is going to Ukraine to get a first-hand look at the situation in the troubled country. Prime Minister Stephen Harper savys Baird and a delegation of Ukrainian-Canadian leaders and parliamentarians will travel to Kyiv, the capital and the epicentre of the political unrest that has rocked Ukraine for months. Harper says Baird will offer Canada's support for efforts to restore democracy in Ukraine. News of the trip comes as Russia's ambassador to Canada says talk about the possibility of Russian troops invading Ukraine is nonsense.

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Toronto. Ford opens up to American TV host, shuts down local journalists

The mayor of Toronto was happy to discuss drinking and drugs with the host of a U.S. morning show on Tuesday but bristled when asked questions on the same issues by journalists in his own city.

"I don't use illegal drugs. I experimented with them, like probably a year ago, but I don't use drugs," Rob Ford told Today show host Matt Lauer. "Things are going fantastic, Matt."

Ford took a combative stance when asked by Toronto reporters to clarify his comments.

Not quite perfect

"Maybe you're perfect, but I'm not. We're moving on in a positive direction."

Toronto Mayor Rob Ford, to Matt Lauer.

"Don't be jealous if I do an interview with an American station," he told journalists while leaving a news conference where he refused to answer questions on drug use.

THE CANADIAN PRESS

Misuse of public funds?

N.L. to spend $60K to clean up image of seal industry

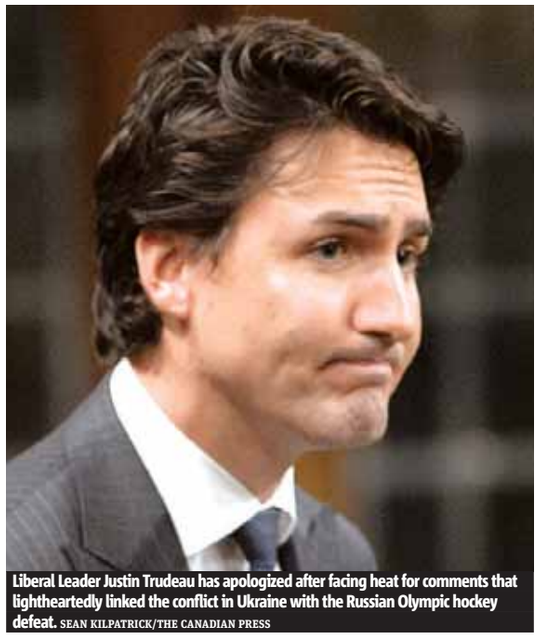
Newfoundland and Labrador is funding an awareness campaign aimed at seal industry "misconceptions" ahead of a World Trade Organization appeal.

Fisheries Minister Keith Hutchings said Tuesday the province will give $60,000 to the Seals and Sealing Network, an industry group that's leading the campaign.

Animal-rights groups say this is a misuse of public funds.

THE CANADIAN PRESS

Trudeau says he's sorry for joke about Ukraine



Liberal Leader Justin Trudeau has apologized after facing heat for comments that lightheartedly linked the conflict in Ukraine with the Russian Olympic hockey defeat. SEAN KILPATRICK/THE CANADIAN PRESS

No laughing matter. Liberal leader apologizes for remark about Russian invasion as opponents look to capitalize on the gaffe

Justin Trudeau was back on Parliament Hill Tuesday to face the music for his joke about Ukraine, as the Conservatives and NDP pondered once again how to make the Liberal leader's latest gaffe stick.

Trudeau told the media he waited until Tuesday to apologize because he "wanted to make sure that I had the chance to express directly to leaders in the Ukrainian community … how seriously the Liberal party takes the situation in Ukraine."

He added that his joke during a pre-taped appearance on a Radio-Canada current affairs program "made light of some very real fears and concerns that Ukrainians have about Russian intervention."

Trudeau apologized earlier in the day to the Ukrainian ambassador to Canada after making a quick visit to the embassy. Vadym Prystaiko, who had called for the apology a day earlier, praised Trudeau for being the first Canadian politician to sign a book of condolences.

Trudeau also tweeted that he'd made amends with Paul Grod, head of the Ukrainian Canadian Congress.

In an interview Thursday, Trudeau said Russia, peeved about being eliminated from the medal round in Olympic hockey, might vent its spleen by getting involved in Ukraine.

In the aftermath of Trudeau's comments, both the Conservatives and NDP pounced in an effort to inflict some damage. Trudeau is consistently ahead in public-opinion polls and wrapped up a successful policy convention in Montreal over the weekend.

THE CANADIAN PRESS

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Parliament watchdogs say Tory bill will enable dirty politics

Parliament's key watchdog agencies say a Conservative bill aimed at exposing potential partisanship in their offices raises problems of basic fairness and could actually hamper their own investigations.

Tory MP Mark Adler's private member's bill would allow any MP or senator to accuse an employee of an office of partisan conduct and demand an investigation.

It also proposes to force employees of those agencies to make a public declaration of their political activities going back a decade.

That's not sitting well with eight officers and agents of Parliament, who wrote to the Commons ethics committee to register their concerns. Three appeared before MPs at a hearing Tuesday.

Ethics Commissioner Mary Dawson, Chief Electoral Officer Mark Mayrand and Auditor General Michael Ferguson all questioned the necessity of the bill when other statutes and codes already require the non-partisanship of their employees.

THE CANADIAN PRESS

Here's mud in your eye

Issue was taken with the fact that the bill has no definition of "partisan conduct."

- "Under this (bill), nobody has to even think up reasonable grounds; they can just fling mud," said Ethics Commissioner Mary Dawson.

Campaign promise

Harper says income-splitting is 'good policy'

Prime Minister Stephen Harper is hinting that the key Conservative campaign plank from the 2011 federal election that earned him a majority may not be pitched overboard after all.

Income-splitting for couples with children under 18 was a multibillion-dollar pledge during the last election — a Conservative promise that would kick in as soon as the federal budget was balanced.

But Finance Minister Jim Flaherty began publicly questioning the policy even before his Feb. 11 budget that effectively balanced the books this year and projected a surplus for 2015.

Under questioning in the House of Commons, Harper refused to repeat his 2011 income-splitting pledge after budget day, and government sources spread word that Harper and his finance minister were of one mind on the matter.

However, Harper rose in the House on Tuesday to strike another note.

"Income splitting has been a good policy for seniors in Canada, and it will also be a good policy for Canadian families," the prime minister said in French in response to Liberal goading about broken election promises.

THE CANADIAN PRESS

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California couple find rare coins worth $10M in their own backyard

Most profitable dog walk. Quiet couple's buried treasure could be the largest such discovery in U.S. history

A California couple out walking their dog stumbled across a modern-day bonanza: $10 million in rare, mint-condition gold coins buried in the shadow of an old tree.

Nearly all of the 1,427 coins, dating from 1847 to 1894, are in uncirculated, mint condition, said David Hall, co-founder of Professional Coin Grading Service of Santa Ana, which recently authenticated them.

Although the face value of the gold pieces only adds up to about $27,000, some of them are so rare that coin experts say they could fetch nearly $1 million apiece.

One of six decaying metal canisters filled with 1800s-era coins unearthed in California THE ASSOCIATED PRESS

"I don't like to say once-in-a-lifetime for anything, but you don't get an opportunity to handle this kind of material, a treasure like this, ever," said veteran numismatist Don Kagin, who is representing the finders. "It's like they found the pot of gold at the end of the rainbow."

Kagin would say little about the couple other than that they are husband and wife, are middle-aged and have lived for several years on the rural property where the coins were found. They have no idea who put them there, he said.

The pair are choosing to remain anonymous, Kagin said, in part to avoid a renewed gold rush to their property by modern-day prospectors armed with metal detectors.

They plan to put most of the coins up for sale through Amazon while holding onto a few keepsakes. They'll use the money to pay off bills and quietly donate to local charities, Kagin said.

THE ASSOCIATED PRESS

London High Court. Judge frees IRA man, cites secret letter promising no arrest

An Irish Republican Army veteran charged with the IRA killing of four soldiers in London's Hyde Park in 1982 has been freed from custody after a judge ruled that the British government misled the man into thinking he could travel to England without fear of arrest.

London High Court Justice Nigel Sweeney found that Britain's Northern Ireland Office in 2007 provided John Downey with a confidential document promising him he was not wanted for any outstanding IRA crimes.

The judge said Northern Ireland police knew that their London counterparts still wanted to arrest Downey and soon recognized the mistake in the government's letter to Downey, but failed to tell anyone to retract the letter.

He said the document encouraged Downey, who lives in the Republic of Ireland, to fly through London's Gatwick Airport, where he was arrested last year and charged with murder and other terror charges.

London police used fingerprint and witness evidence to identify Downey as an IRA member involved in the Hyde Park blast, when a nail bomb in a parked car exploded as ceremonial mounted troops passed, mortally wounding four soldiers and seven horses.

THE ASSOCIATED PRESS

Secret promises

Tuesday's judgment revealed a secret practice by Britain's previous government to provide letters promising safe passage home for scores of IRA members who remained fugitives from British justice, living for decades mostly in the Republic of Ireland.

- Until now, the public had been led to believe that IRA fugitives from justice remained on the British wanted list.

Gay rights

Arizona governor will ponder bill veto

Gov. Jan Brewer returned to Arizona Tuesday to face a pressing decision about a bill that has prompted a national debate over religious and gay rights.

The Arizona Legislature passed a bill last week allowing businesses whose owners cite sincerely held religious beliefs to deny service to gays. It allows any business, church or person to cite the law as a defence in any action brought by the government or individual claiming discrimination.

Brewer will likely spend the day or longer pondering Senate Bill 1062 before deciding whether to sign or veto it. THE ASSOCIATED PRESS

Discrimination

"We must be suspicious of legal classifications based solely on sexual orientation."

U.S. Attorney General Eric Holder, on why state attorneys general aren't obligated to defend laws in their states banning same-sex marriage if the laws discriminate in a way forbidden by the constitution.

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Love your eyes at Optiko Eyewear.

Optiko Eyewear is where fashion and function meet affordability, and is the recent winner of The Top Choice Award for best eyewear retailer in Calgary for customer service and selection.

"Fashion is always changing and we have to have that fashion-forward mentality," says Lenor Haymour, partner, Optiko Eyewear. "You have to always stay fresh in order to be at the forefront in this industry."

To stay on top of industry trends, the Optiko Eyewear team travels to the world's fashion capitals, including New York and Paris, to attend eyewear conventions to bring the best eyewear back to Calgary.

"Calgarians are becoming more and more fashion savvy, which is why we strive to offer the best eyewear and selection, period," Haymour says. "Optiko carries the most sought after designer eyewear in Calgary, but not only that, we carry some lines that are only exclusive to Optiko eyewear."

Optiko is also your one-stop shop for your vision care needs. It offers eye exams and has the finest selection in prescription eyewear after your eye exam, including sunglasses.

To check out Optiko Eyewear's selection, visit the store in Sunridge Mall, or online at optiko.ca.

CONTRIBUTED

Bzzz. Uncle Sam spending $3M to feed honeybees

The U.S. Department of Agriculture will spend millions of dollars to help farmers and ranchers improve pastures in five Midwestern states to provide food for struggling honeybees under a program to be announced Tuesday.

Commercial honeybees pollinate an estimated $15 billion US worth of produce each year. Many beekeepers bring hives to the Upper Midwest in the summer for bees to gather nectar and pollen for food, then truck them in the spring to California and other states to pollinate everything from almonds to apples to avocados.

But agricultural production has been threatened by a more-than-decade-long decline in commercial honeybees and their wild cousins due to habitat loss and pesticide use.

A new U.S. program aims to ensure honeybees have enough pollen and nectar to snack on. THE ASSOCIATED PRESS

Colony collapse disorder, in which honeybees suddenly disappear or die, has made the problem worse, boosting losses over the winter to as much as 30 per cent per year.

THE ASSOCIATED PRESS

$56,000. Selling legal pot brings in green for taxman

A Colorado county with two recreational marijuana stores has become the first in the state to announce tax totals from the new industry.

Pueblo County finance authorities announced Monday that its two shops had about $1 million US in total sales in January, producing about $56,000 US in local sales taxes.

Pueblo County is the only place between Denver and the New Mexico state line that currently allows recreational pot stores.

Pueblo County Clerk Gilbert "Bo" Ortiz projected the marijuana industry will generate roughly $670,000 in new tax revenue for his county this year. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.20¢ (-0.16¢)

TSX
14,188.98 (-38.10)

OIL
$101.83 US (-$0.99)

GOLD
$1,342.70 US (+$4.70)

Natural gas: $4.67 US (-$0.05)
Dow Jones: 16,179.66 (-27.48)

Adding 800 stores

Timmies brews up plan to slam rivals

Tim Hortons Inc. is planning a flurry of changes to its operations, including healthier food choices and the addition of 800 new stores over the next several years as it looks to maintain its edge in an increasingly competitive market.

Tim's CEO says "the plan is aggressive but very achievable."

THE CANADIAN PRESS

Bitcoin traders brought to knees

Tokyo. Following news of Mt. Gox vanishing, the cybercurrency fell below $500, from a high of $1,200

One of the world's largest bitcoin exchanges has seemingly disappeared, delivering a severe blow to the virtual currency as it struggles to gain legitimacy.

A coalition of virtual currency companies said Tuesday that Tokyo-based Mt. Gox went under after secretly racking up catastrophic losses.

Mt. Gox's website was returning a blank page Tuesday. The disappearance of the site follows the resignation Sunday of Mt. Gox CEO Mark Karpeles from the board of the Bitcoin Foundation, a group seeking legitimacy for the exotic new form of money. The exchange had imposed a ban on withdrawals earlier this month.

Prominent supporters of Bitcoin — including San Francisco-based wallet service Coinbase and Chinese exchange BTC China — sought to shore up confidence in the currency by saying Mt. Gox's collapse was an isolated case of mismanagement. They said it had abused users' trust, but did not offer details.

"As with any new industry, there are certain bad actors that need to be weeded out, and that is what we are seeing today," the statement said.

Since its creation in 2009, Bitcoin has become popular among tech enthusiasts, libertarians and adventurous investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like Bitcoin for the same reasons.

For various technical reasons, it's hard to know just how many people around the world own bitcoins, but the currency has attracted outsize media attention and the fascination of millions as an increasing number of large retailers such as Overstock.com begin to accept it. Speculative investors have jumped into the Bitcoin fray, too, sending the currency's value fluctuating wildly in recent months. In December, the value of a single bitcoin hit an all-time high of $1,200 US. In the aftermath of the Mt. Gox collapse Tuesday, one bitcoin stood at around $470 US.

Central banks across the globe have been hesitant to recognize Bitcoin as a legitimate form of money, and Mt. Gox's virtual vanishing isn't helping. Mt. Gox "reminds us of the downside of decentralized, unregulated currencies. There is no Federal Reserve or IMF to come to the rescue. There is no deposit insurance," said Campbell Harvey, a professor at the Duke University Fuqua School of Business who specializes in financial markets and global risk management.

THE ASSOCIATED PRESS

Bitcoin trader Kolin Burgess, right, of London and American Aaron (only his first name was given) hold protest signs as they conduct a sit-in in front of the office tower housing Mt. Gox in Tokyo Tuesday. KAORI HITOMI/THE ASSOCIATED PRESS

Burn me once shame on you...

"I may have lost all of my money ... It hasn't shaken my trust in Bitcoin, but it has shaken my trust in bitcoin exchanges."

Kolin Burgess, who said he'd been picketing the Tokyo office tower housing Mt. Gox since Feb. 14 after flying in from London, hoping to get back $320,000 he has tied up in bitcoins with the exchange.

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LET IT BE OR MAKE IT BETTER?

JUST SAYIN'

Paul Sullivan
metronews.ca

Thanks to sites like BuzzFeed, this is the Golden Age of Wasting Time.

And one of the best ways to waste time, wherever you are, whatever you're supposed to be doing, is the Identity Quiz.

You know? If you were a sandwich, what kind of sandwich would you be? Turns out I'm a ham sandwich, but you knew that.

As you launch your identity quest, be warned there are millions of these things. There are even millions of What Kind of Sandwich Am I? quizzes.

So we need a hook, and what better than this: It is the 50th anniversary of the English Invasion this month, starting with the night the Beatles appeared on the Ed Sullivan show and launched a rock revolution.

Of course, to celebrate the Fab Four moment, there's a quiz on BuzzFeed which allows you to find out which Beatle you are: the Popular (if a little square) Paul, the Genius John, the Spiritual George, and the Affable (if a little goofy) Ringo.

Like all great time wasters, the quiz is fun to do. You start by choosing your favourite psychedelic pattern, and go from there.

The quiz wants to know if you'd rather sing "oo-bla-di-bla-da" or "beep beep yeah!"

It wants to know if you think you should take a sad song and make it better. Or let it be.

The quiz asks you to choose your fave from a gallery of foxy '60s ladies (the Beatles and the boys of BuzzFeed are pre-feminist, apparently).

Finally it asks how you're feeling about love right now: All you need is love? Or can't buy me love?

By now you've figured out that this quiz (except for the foxy ladies) is based on Beatles' lyrics.

So it helps, if like me, you've spent a lifetime trying to get Yellow Submarine out of your head.

But as the Beatles have sold more records, had more No. 1 hits, and have been covered by more artists than any group in history, it's a safe bet you know John, Paul, George and Ringo maybe better than you know yourself.

So now that you've rushed to BuzzFeed to take the quiz, welcome back. Who are you?

If you're me, you're a late-'60s version of John Lennon, which is not what I expected but it's better than being an '80s version of John Lennon.

And I'm kinda relieved I'm not Ringo. Although you'd have to argue that Ringo is certainly the luckiest Beatle. If he hadn't met John or Paul, he'd be driving a bus in Liverpool, like his dad.

And taking the quiz to find out what Beatle he would be: John, Paul, George, or ... Pete?

ZOOM

Still cute with ears cut

SCOTT OLSON/GETTY IMAGES

Puppy love at former bin Laden base

Sgt. Kevin Ingram from Wheeling, West Virginia with the U.S. Army's 4th squadron 2d Cavalry Regiment comforts a puppy that had its ears cut off while visiting an Afghan National Police (ANP) outpost that was once home to Osama bin Laden during a patrol on Tuesday near Kandahar, Afghanistan.

Ears are often removed from puppies to prepare them to become fighting dogs.

Ingram's squadron is responsible for defending Kandahar Airfield against rocket attacks from insurgents. GETTY IMAGES

Also in Afghanistan

- A few years ago, an abandoned puppy was befriended by Navy reservist Mark Feffer, who wanted to adopt her. At the end of his tour he discovered she was lost, but a rescue mission reunited them.
- A British marine found a dog in 2010 with his ears and tail cut off. Once he told his sister the dog would be shot once he left Afghanistan, she set up a campaign to bring the dog to Britain.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Leaving your fate in the hands or the stars — or the astrologers who read the stars — might help you deal with your high school crush, but for real-world relationship woes, financial burdens or career concerns, you're going to need something a little more scientific. And what could be more solid than fortune teller, tarot card and magic eight ball apps.

SUPERBA/FLICKR

The Amazing Fortune Teller 3D:
Ask the gnome's crystal ball (or if you upgrade for $.99 you can ask a Rabbi, Rasta or leprechaun) up to three questions a day. Available for Android and Apple.

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Magic 8-ball:
Just like the real thing, shake your phone to get an answer. But "don't count on it" if you have an iDevice. Only available in the Google Play store.

Twitter

@metropicks asked: Actor/writer/director Harold Ramis has died. What's your favourite Harold Ramis work?

@thechipfactor: "what happened to your Sargent? He got blowed up sir!" Best quote from any Harold Ramis film. He will be missed.

@DerchanskyLegal: definitely remember his work on #SCTV, but can't ignore his brilliance in #Caddyshack and #GroundhogDay

@Chriosania: Ghostbusters...but Stripes is a VERY close second

@starrydays17: the original Ghostbusters movie!

@BulliesFan27: Gotta be Stripes. That's the fact Jack! #RIPHaroldRamis

Follow @metropicks and take part in our daily poll.

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Neeson Taken with being Non-Stop man of action

Fighting Irish. Actor with serious chops embraces unexpected butt-kicking roles

IN FOCUS
Richard Crouse
scene@metronews.ca

Liam Neeson is an air marshal hunting an in-flight killer in the thriller Non-Stop. CONTRIBUTED

Much of the fun of 2008's Taken was watching beloved thespian Liam Neeson go all Chuck Norris in a dirty little Euro trash thriller.

In the action-adventure movie, Neeson played a former "preventer" for the U.S. government. A specialist in black ops, he was an undercover agent who contained volatile situations before they got out of control. Retired, he lived in Los Angeles near his estranged 17-year-old daughter Kim (Maggie Grace). When she is kidnapped by a child slavery ring, he has only 96 hours to use his particular set of skills to get her back. His rescue mission takes him on a wild rampage through the soft underbelly of Paris. "I'll tear down the Eiffel Tower if I have to," he says.

It's a down-and-dirty little flick, classed up somewhat by the presence of Neeson in the lead role and it became an unexpected lightening-in-a-bottle hit. It also redefined Neeson's recent career.

At an age when many actors are staring down the barrel of character parts and cameos, the 61-year-old has made an unlikely U-turn into action movies. "I was a tiny bit embarrassed by it," he says of Taken, "but then people started sending me action scripts."

His latest actioner is Non-Stop, a high-flying thriller that takes place on an international crossing from New York to London. Neeson is an air marshal who must prevent a crazed killer from murdering passengers in flight.

Taken and Taken 2 (which were essentially the same movie) worked not just because the action sequences were out of control, but because audiences had some empathy for Neeson's character as he kicked butt across Europe. It was a personal mission: He was trying to get his daughter back.

Action movies like Wrath of the Titans, The Grey and Unknown may not burnish Neeson's rep as a great actor, but when asked why he keeps making these kinds of movies, he has a solid reason: "Because they're dumb enough to offer them to me!"

Cast in the shame mould

"I was a tiny bit embarrassed by it [Taken], but then people started sending me action scripts."
Liam Neeson

Wham! Bam!

Arguably best known for his Best Actor Oscar nomination as the charismatic but humble German businessman Oskar Schindler in Schindler's List, the Irish actor has fully embraced his new career path.

- Vanity Fair even acknowledged the twist in an article called, Wham! Bam! Thank You, Liam!

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The Word

Cowell gets a taste of his own negative medicine

PAT HEALY
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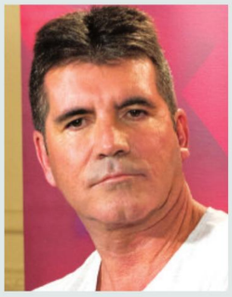

Simon Cowell is learning firsthand just how hard it is to parent in the public eye.

After photos surfaced of Cowell holding 10-day-old son Eric on a Miami beach on Monday, mommy bloggers around the world spit out their placenta smoothies to go on the attack over his bad parenting.

"The sun? Simon, babies' skin is like parchment paper this young.... That kid is gonna look 45 when he's a teen," mommy blog The Stir chastised.

To be fair, the photos show that Cowell and co. hid out most of the time underneath a shade and Eric did don a cap. As for me, I'm more aghast at poor baby Eric getting a mouthful of Cowell's chest hair than him being on the beach.

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Jennifer Lawrence is on a hot streak, but everyone keeps spoiling her endings

Jennifer Lawrence just can't win. Last month, the Hunger Games star had Homeland spoiled for her by an over-eager red carpet interviewer before she'd had a chance to see all the episodes.

And now her American Hustle director, David O. Russell, reveals that while they were filming Silver Linings Playbook he gleefully spoiled one of the greatest novels of all time for her. "She's walking around the set all the time reading the Tolstoy novel Anna Karenina, which is like a phone book," he tells the Hollywood Reporter. "I was just impressed that this 20-year-old girl reading Anna Karenina is from Kentucky, likes to eat junk food and watch Real Housewives of Long Island. She's a down-home girl and she's reading this book. I love it.

"So I go, 'Have you gotten to the part where she throws herself under the train tracks?' And she goes, 'What?'" he remembers. "And she walks away from me sobbing."

Late-night host Jimmy Kimmel and wife Molly expecting their first child

Jimmy Fallon may be the late night host with a new show, but Jimmy Kimmel has reason to celebrate too. Kimmel and his wife Molly McNearney are expecting their first child together, his representative Lewis Kay has confirmed.

The TV personality first made the announcement during a taping of The Ellen DeGeneres Show, which will air Wednesday. The 46-year-old Kimmel already has two children, a 20-year-old son and a 22-year-old daughter, from a previous marriage.

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'It is not only for what we do that we are held responsible, but also for what we do not do.' - Moliere

@idinamenzel
I heard myself on kiss fm today. I almost cried. For years I've been trying to get them to play my music.

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Wonderful quote I read about Casanova: "He treated women as his equals, yet undressed them as if they were his superiors."

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An island of one's own

Caribbean craving? There are plenty of destinations to choose from in the warm southern seas — here's a rundown of some of the best

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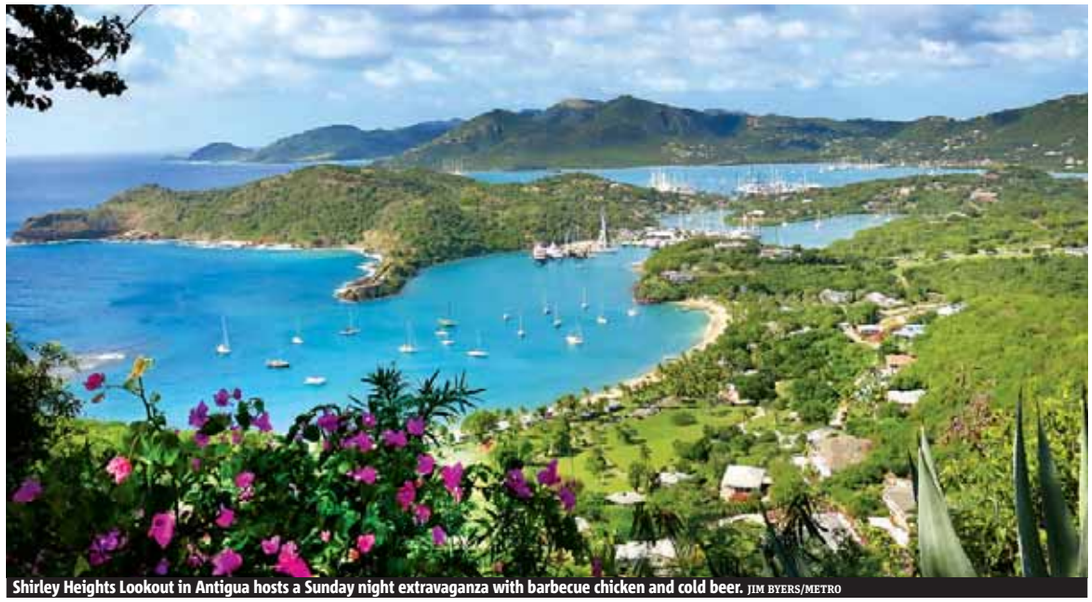

Shirley Heights Lookout in Antigua hosts a Sunday night extravaganza with barbecue chicken and cold beer. JIM BYERS/METRO

It's still high season in the Caribbean. And high time you ventured south for a bit of sun and sand. But where to go? There's a Caribbean island for every kind of traveller, and the choices can be overwhelming. So here's a look at a few personal favourites that might fit your style.

For the swimmer-diver:
There's awesome swimming to be found off the coast of Negril, Jamaica. Down at Rick's Café, you can watch hugely talented local kids do wild, somersaulting dives off rocky cliffs into impossibly blue water. You can't get quite as high as they do, but there are places near the bar where you can do a perfect cannonball — or, more likely, a face plant — yourself. Small boats out of Negril often weigh anchor just offshore, allowing patrons to swim in some of the prettiest water the world has to offer. Alternative: Check out the cool bars and the swim scene at Orient Beach on St. Martin. It's clothing optional. But, like many places, some of the folks who doff their clothes are people who really should stay perched at the bar. In long pants. And a hoodie.

For the snorkel, scuba fan:
The U.S. Virgin Islands doesn't get the same attention from Canadians as some parts of the Caribbean. But there are glorious beaches to be found and wonderful water sports. At Trunk Bay on quiet St. John, which might be the prettiest beach on the planet, you can swim near offshore islands and follow an underwater trail. There's a similar trail near Buck Island, a short boat ride off St. Croix, where you'll also find a glistening white sand beach and hardly any people. Alternative: St. Lucia's Sugar Beach, nestled between the two giant rock pillars known as the Pitons, has one of the finest reefs in the Caribbean.

For the luxury lover:
Sandy Lane on the west coast of Barbados is a stunner. There are free-form pools, private villas, one of the Caribbean's top spas and sumptuous dining on offer. This area also is home to the wonderful Green Monkey golf course. Tiger Woods married Elin Nordegren here, not that that ended so well. Alternative: Amanyara is a quiet spot on a lovely stretch of sand in the Turks and Caicos, far from the crowds of Provo. Fabulous Asian-inspired food.

For the drinker:
What, you thought we forgot about bar hopping? One of the most famous imbibing spots on the planet is at Shirley Heights Lookout in Antigua, where they do a Sunday night extravaganza with plenty of cold beer, barbecue chicken and live music. Great sunsets and parties that last long into the night. It's also a stunning spot during daylight hours, with spectacular views of the island's green hills and perfect blue waters and boats bobbing in the bays below. Possibly the best vista in the Caribbean. Alternative: Sunshine's is a colourful, seaside bar on the west coast of Nevis, part of St. Kitts and Nevis. Try the local cocktail, the Killer Bee, and look for the photo of Wayne Gretzky.

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Bucket list

Kyoto at cherry blossom time

Bust out the Aeroplan points you've been saving and join the hundreds who flock to Kyoto, Japan, at the beginning of April each year when the warmer temps coax out the cherry blossoms. Maruyama Park, Kiyomizu Temple and Daigoji Temple are all terrific places to spend time. Kyoto is manageable enough to see by bicycle, and many hotels rent them by the half-day (keep an eye on the weather forecast). Aside from temples and gardens, the Arashiyama bamboo forest is so otherworldly you will feel like a flea on a dog's back, and the Monkey Park in the mountains nearby is worth the rather steep hike. DOUG WALLACE/METRO

How do you cope with seat kickers?

Travel tick offs. Do you fly off the handle or play it cool with these common annoyances?

ON THE MOVE
Loren Christie
life@metronews.ca

How do you cope with an inconsiderate airplane recliner? ISTOCK

Do space hogs and noisy children frustrate you? The following is a short quiz designed to help you deal with the most common travel pet peeves.

You and your spouse are on the people mover at the airport. Do you:
a) Walk side by side and chat.
b) Stand because you are tired — people in a rush can walk along the adjoining hallway.
c) Stand right, walk left.
Answer: c) You need to allow people who are in a rush to pass easily.

The person in front of you on the plane reclines their seat a lot. Do you:
a) Ask them politely to put it up so that you can eat or work effectively on your tray table.
b) Kick the back of their seat.
c) Whenever you get up hoist yourself up by grabbing aggressively on to their head rest.
Answer: a) If you are uncomfortable doing it, ask the flight attendant to do it. If it's a short haul flight, reclining your seat is not necessary. For long haul flights where people are trying to sleep, they should have the courtesy to at least keep it raised during meal service.

The toddler behind you is wailing. Do you:
a) Tell the kid to shut up.
b) Tell the parents to shut the kid up.
c) Grin and bear it.
Answer: c) Sitting next to or even near a screaming child is no fun, but unless the parents are completely ignoring the kid, the situation can't be helped. On the other hand, parents who allow their children to kick the back of seats, fidget incessantly with the tray tables or run wild in the aisle should be spoken to.

The person ahead of you on the plane shoves two gigantic carry-ons into the overhead bin. Do you:
a) Throw one of their bags into the aisle.
b) Ask the flight attendant for assistance.
c) Put your carry-on in a bin that's rows ahead of where you're seated.
Answer: b) Putting your luggage elsewhere will just cause a domino effect. If there is no-where within your immediate vicinity to stash your bag, ask the flight attendant to work things out for you.

The person next to you has spilled over into your space. Do you:
a) Assert your territory early on, put armrests down.
b) If the size of your seat mate is the issue, be sensitive and ask the flight attendant if you can move.
c) Remove your shirt.
Answer: a) and b). Don't resort to dirty looks or subtle pushes, but being assertive is OK. Remember that airplane etiquette says the middle seat has rights to both inner armrests.

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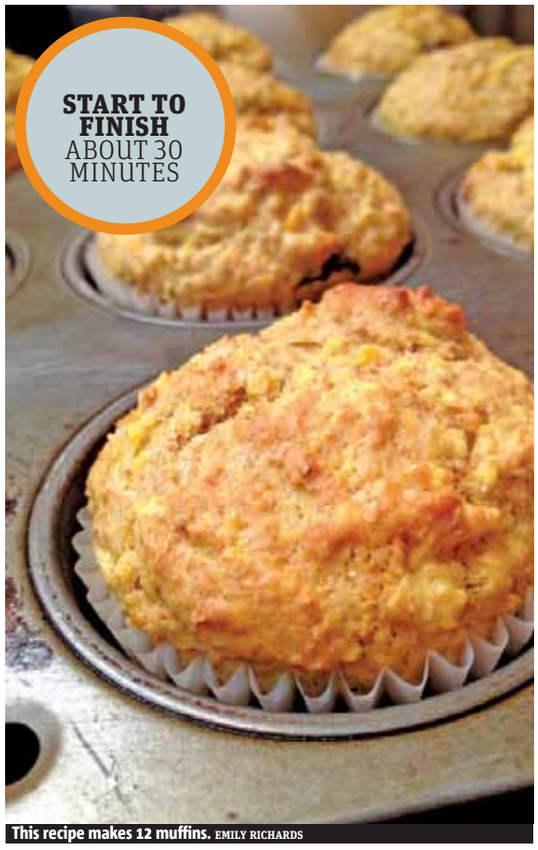
DINNER EXPRESS
Emily Richards
food@metronews.ca

With little chocolate surprises throughout these muffins, each bite will be different.

Fresh, bright orange flavour and colour burst through, making them attractive and tasty. Use a navel orange, which has no seeds and is very juicy.

This is a great muffin to make with the kids to show them how you can use the whole fruit. My kids always get a kick out of adding the pieces to the food processor, it's a whole new kind of fun in the kitchen.



This recipe makes 12 muffins. EMILY RICHARDS

1. In a large bowl, whisk together flour, bran, baking powder, soda and cardamom; set aside.

2. Cut orange into quarters. Place in food processor bowl and pulse until finely chopped, almost pureed. Scrape down sides and add milk, orange juice, brown sugar, butter, egg and vanilla and puree until combined. Fold in chocolate.

3. Pour orange mixture over flour mixture and stir until combined. Divide batter among 12 lined or greased muffin cups. Bake in 400 F (200 C) oven for about 20 minutes or until they're golden brown and firm to the touch.

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Ingredients

- 2 cups (500 ml) whole-wheat flour
- 1/2 cup (125 ml) wheat bran
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1 tsp (5 ml) ground cardamom or cinnamon
- 1 navel orange, unpeeled and washed well
- 3/4 cup (175 ml) milk
- 1/2 cup (125 ml) orange juice
- 1/3 cup (75 ml) packed brown sugar
- 1/4 cup (50 ml) butter, softened
- 1 large egg
- 1 1/2 tsp (7 ml) vanilla
- 1/4 cup (50 ml) chopped bittersweet chocolate, at least 60% cocoa

Cooking tips

- Look for dark chocolate or bittersweet chocolate chips or pastilles in grocery or bulk food stores with the percentage of cocoa right on the label. The higher the number, the darker and deeper the flavour of the chocolate
- If you don't use whole wheat flour often, be sure to freeze it so it doesn't go rancid on you. Other whole grain flours should be stored the same way if they are not used frequently. The freezer is also a great place to store nuts and seeds.

It's time to take the conversation upstream.
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Famously fabulous career advice

Metro's Dan Schawbel regularly interviews celebrities and asks them for career strategies that can benefit you. Here, he's selected words of wisdom that will inspire you to take action and rethink how you manage your career.

METRO WORLD NEWS

Goldie Hawn

"Remember that your level of happiness is the most important thing you have to protect... I don't care whether the person next to you is making a million bucks and you're making way less. If you judge yourself by that person, you're not judging yourself by your intrinsic joy and what makes you feel happy."

Melissa Joan Hart

"You have to be willing to take rejection. You have to have a thick skin in order to make it in this business, or any entertainment industry really. You have to have a thick skin because you're going to get rejected more times than you get rewarded."

Piers Morgan

"If you make a big mistake, admit it immediately, and apologize sincerely. There's never any upside in continuing to resist this course of action despite all the evidence to the contrary. Or, as an old editor once told me: 'If you're in the s—, get out of it a million miles an hour!'"

Malcolm Gladwell

"We learn more from compensating for our weaknesses than capitalizing on our strengths. It's your weaknesses that define who you are and how you learn, and force you to do creative things. It's by making sense of and working your way around your weaknesses that (you) succeed."

Rachael Ray

"It's important that you understand that goals should never be money, or fame, or a television show. A goal has to be something that's more about your message as a contributor. What are you offering people with your job? That's a tough thing for people to understand sometimes."

Ex-NFLer tackles life lessons in new book

Making choices. Matt Birk writes about steps to take to become the best version of yourself

EMILY LAURENCE
Metro World News

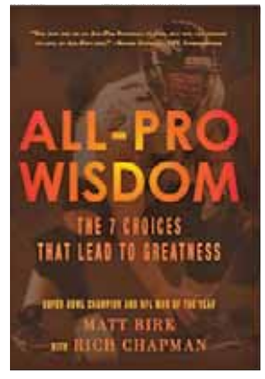
Former Minnesota Vikings offensive lineman Matt Birk has had his fair share of career ups and downs. He had to sit out the entire 2005 season due to a hip injury and thought his football career was over long before it actually was. But he's also a Super Bowl champ, having won in 2012 when playing for the Baltimore Ravens.

Though Birk says he never defined himself by his football career, the sport taught him important lessons, which is why he teamed up with leading business expert Rich Chapman to write, All-Pro Wisdom: The 7 Choices That Lead To Greatness.

"Greatness isn't about achievements. It's not about winning the Super Bowl, being a CEO or any of that stuff. It's about being the greatest version of yourself," Birk tells us.

The book introduces seven qualities every person needs to reach his or her full potential, including passion, confidence, stability and focus, with tips on how to develop each quality. Birk explains how football is a great foundation for developing these traits and includes interviews with several superstar NFL players who embody them.

"One thing that surprised me right away about the NFL was how great men were in the NFL; not great players, but great men," Birk says. "We didn't tell these guys what we would be asking them for the book, and when we asked (Green Bay Packer quarterback) Aaron Rodgers about character, without batting an eyelash he said, 'I think it's about being consistent. I think it's about being a great leader.'"



Birk says his hip injury in 2005 was a good reminder to him of the danger of defining yourself by your career, a lesson he thinks everyone can learn from.

"Anyone can lose their job. Jobs are very temporary. But some people lose their job, start another career and turn around and say, 'Boy, losing my job was the best thing to ever happen to me.' And those tend to be people whose identity isn't wrapped up in what they do."

Conversely, Birk's career highlight — winning the Super Bowl — taught him another life lesson he includes in the book. "Everybody says they want to win the Super Bowl, but what are you going to do with the other 364 days of the year to make it happen? I think it's in the goal setting and dividing it into small, actionable steps so it's actually achievable."

Doing dads proud

The book has been out for about two weeks and Birk says what's been most rewarding is hearing how parents have used it to teach their kids about the importance of character and setting goals in a way that isn't forced or boring.

- "Three different dads told me that every week, they grab a burger with their son and talk about a chapter. I'm a parent. I have six kids and I know how hard parenting is. Each day you feel like you're falling short. To be able to provide parents with a useful tool has been very fulfilling," he says.

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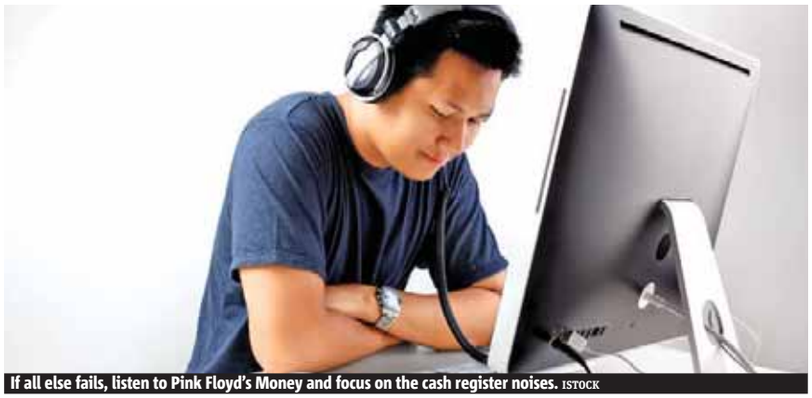
Business and the beat: Sing a song of work success



If all else fails, listen to Pink Floyd's Money and focus on the cash register noises. ISTOCK

Whistle while you work. Seven jams that will tune up your ability to take on your job

ELIAS DA SILVA-POWELL
TalentEgg.ca

Every now and then you may find it difficult to bring the necessary quantity of pep and verve to your workday.

Whether your sub-par performance stems from illness or indulgence, you'll probably find yourself turning to music to get back into the swing of things — after coffee, of course.

While everyone has different musical tastes, this work-related group of songs should help you get through your day as smoothly as possible.

8:00 a.m.

9 To 5 – Dolly Parton

"Tumble outta bed / And stumble to the kitchen / Pour myself a cup of ambition"

Even if the title of Dolly Parton's gold single doesn't coincide with your work schedule, this hit from 1980 will help you kick-start your day. As an added bonus, this song will instantly make any commute feel like a montage — doubly so on public transit.

9:01 a.m.

Manic Monday – The Bangles

"It's just another manic Monday / I wish it was Sunday / 'Cause that's my funday / My I don't-have-to-run-day"

You may be one of the unhappy people who dread Monday as the start of the work-week.

This pop staple, written by Prince, of all people, tells the story of someone who knows exactly how you feel. This one is best enjoyed as background music while you settle down at your desk and plan your day.

Enjoy the increasingly creative attempts to rhyme with Monday.

10:35 a.m.

Bang The Drum All Day – Todd Rundgren

"I don't want to work / I just want to bang on the drum all day"

Like the average workday, this song can be a little repetitive at times, but it's also uplifting.

In Rundgren's self-defeating hedonism, you'll find a gentle reminder that you can't have fun all the time, or fun would lose its meaning.

There's a 50 per cent chance the chorus will get stuck in your head. You've been warned.

1:22 p.m.

Working For The Weekend – Loverboy

"Everyone's looking to see if it was you / Everyone wants you to come through"

If the title doesn't jog your memory, a few seconds of listening will. This number has been in a number of advertisements, TV shows, movies and video games.

This song's lyrics do an excellent job reminding you that all the responsibility is on your shoulders, while reinforcing that there's always a light at the end of the tunnel.

Get ready to power through the afternoon.

3:24 p.m.

Get Up Offa That Thing – James Brown

(Every other line in this song is "get up offa that thing." It's topical.)

There's a good chance your job or job hunt has you sitting in front of a computer for hours at a time, which isn't good for your health. At the risk of being rude and overly familiar, that thing you're sitting on? Get up off of it. Seriously.

I'm not allowed to dance without warning my co-workers in advance, but even I danced while writing about this song.

4:52 p.m.

Working Man – Rush

"(Extended instrumental break with your best vocal impression of a guitar solo)"

My understanding of Rush fans is that they rarely need a reason to listen to more Rush, so I only need to sell this to the rest of you.

For your own safety, I wouldn't recommend listening to this while you're typing.

Save this electrifying number for packing up at the end of the day — don't resist the urge to drum on the stacks of paper surrounding you.

5:03 p.m.

For The Love Of Money – The O'Jays

"Give me a nickel, brother can you spare a dime / Money can drive some people out of their minds"

You may recognize this song as the musical theme to the television show The Apprentice.

Even if your commute doesn't involve a luxury automobile or private jet, this tune will ensure you can stride out of the office contentedly.

Take the song's lyrics to heart as you turn your feet home. It's about not being consumed by wealth after all. Look forward to the company of friends and family.

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Jams for the jobless

Haven't nabbed a nine-to-five yet? Sing along with Styx's Blue Collar Man as you start writing that resumé:

Give me a job, give me security / give me a chance to survive /
I'm just a poor soul in the unemployment line /
my god, I'm hardly alive /
my mother and father, my wife and my friends /
You see them laugh in my face /
But I've got the power, and I've got the will /
I'm not a charity case

I'll take the long night, impossible odds /
keeping my eye to the keyhole /
if it takes all that to be just what I am /
well I'm gonna be a blue collar man

keeping my mind on a better life /
where happiness is only a heartbeat away /
paradise can it be all I heard it was / I close my eyes and maybe I'm already there ...

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CMPP 257	JQuery & Advanced CSS	Mar 6
CPRG 180	Android Development with App Inventor	Mar 8

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CMPN 266	Cascading Style Sheets	Mar 11
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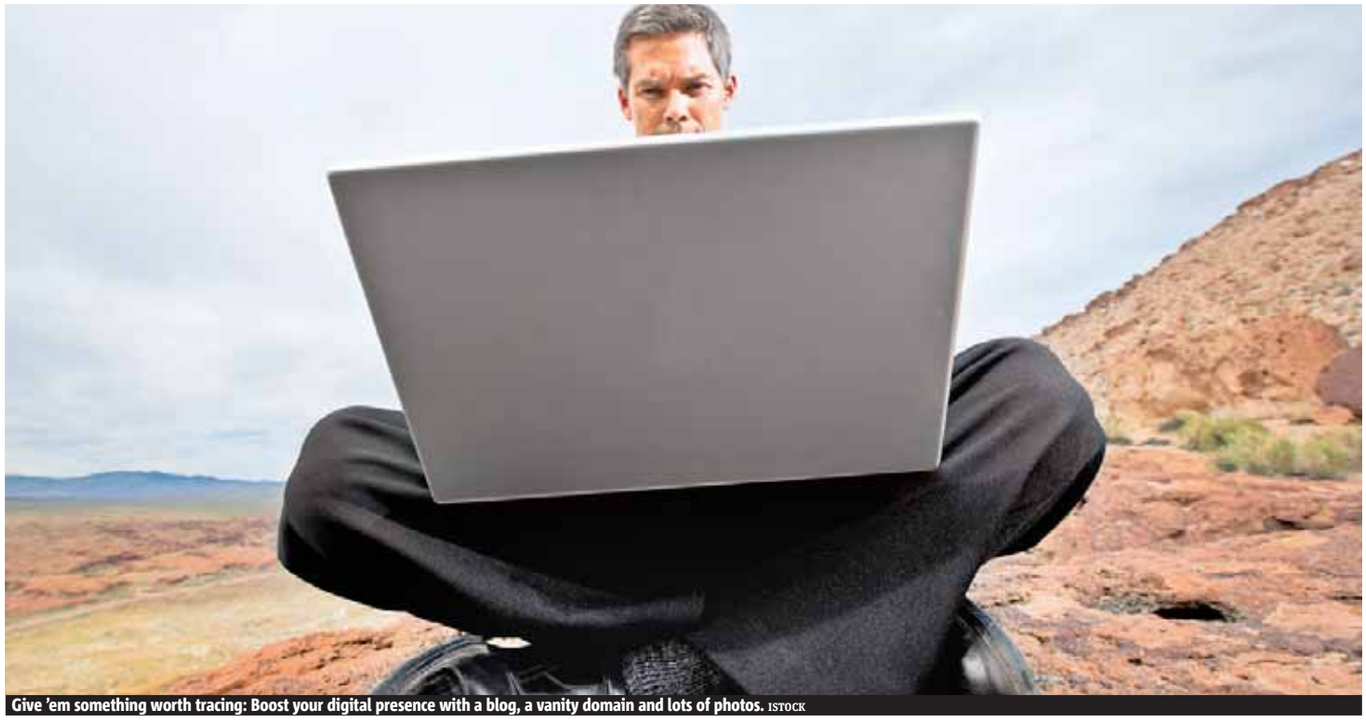

Give 'em something worth tracing: Boost your digital presence with a blog, a vanity domain and lots of photos. ISTOCK

When Google, LinkedIn, Twitter and Facebook make your digital footprints visible to recruiters and selection committees, you can assume your online presence is being searched, creeped and crawled on a regular basis.

It sounds creepy, but those digital traces that we leave behind in social status updates, Instagram photo-shares, blog comments, Amazon.com and eBay reviews are easy for someone to recover with a little digital sleuthing.

Altogether this small data accumulates in a rather random online story about you, but is it accurate?

To tell a different story about yourself, one more relevant than what Google's algorithm compiles, you'll need to be proactive.

Consider taking the following steps to add a new and more meaningful, useful and current story about yourself for recruiters, event planners, headhunters, advisory boards, talent scouts, award and search committees to discover:

Write a different story

Launch that blog you've always thought about. Don't know how to write code? Blogger (free and owned by Google), Tumblr and WordPress (both free as well) make it easy with professionally designed templates, tech support walk-throughs and huge communities of users to turn for advice and inspiration. Use your blog as a platform, mixing professional and personal (but always work-safe) content to tell a story about your lifestyle, work style and values, including the importance of work-life balance.

Make it personal

Purchase your vanity domain. In fact, purchase all of them. Protect your good name by grabbing your dot-com, then pick up your .ca, .net, even your .guru (yes, this is available soon). Name often misspelled? Purchase that one too.

Have a super popular name and someone else has already registered it? No problem. Consider branding yourself with a signature (even trademarked) title (e.g., LindaLifeCoaching, DesignByDave, FredFixIt), your city (MikeWardTO), a professional suffix (DrTim, ProfessoryGary) or certification (JimChenCFA). Looking for a graduation present for someone in your family? Gift them their domain names. There's one more reason to flex your digital creativity and mark your territory online.

Taking charge and telling your story, documenting your special projects and passions, illustrating your goals and aspirations — these are all a total confidence boost. Actively maintain your online presence and the bonus is you'll be reminded of just how far you've travelled on your personal career journey.

Stay one step ahead of the creep and crawl

As employers follow your digital footprints — and they will — be sure you're one step ahead with an online story you're proud of.

Fully employed or not, and especially if you work in a field currently experiencing a skilled labour shortage or skills gap, you just may be the passive "star talent" candidate a recruiter is searching high and low for today, online. As employers follow your digital footprints — and they will — be sure you're one step ahead with an online story you're proud of.

Show, don't tell

Communicate your story visually. The truism that great images speak a thousand words has never been more relevant than today, with the rise of Instagram, Pinterest and Vine.

The social web loves photos. Take advantage of that by visually documenting your personal style, your city, professional accomplishments, volunteering and community engagement. Spread a little joy with awesome images and in the process you'll engage and inspire others with a story of how you see the world.

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Calgary coach Bob Hartley says he appreciates the feistiness he saw at Tuesday's Flames practice. MARIANNE HELM/GETTY IMAGES FILE

Flames show they've still got some fight

NHL. Players spar at practice ahead of daunting playoff push

The feisty Calgary Flames are clearly done with the Olympic break.

Intensity ramped up at practice on Tuesday at the Scotiabank Saddledome as forward Matt Stajan and defenceman Chris Butler got into a shoving match before cooler heads prevailed.

"It was like two brothers fighting for their Tonka truck in the sandbox," said Calgary coach Bob Hartley, who intervened before the skirmish went any further. "I was the third man. I was the closest guy. You appreciate the feistiness and everything, but you don't want to get it overboard."

Hartley was happy to see his two players tap each other on their shin pads with their sticks shortly after the altercation.

"It's water under the bridge," Hartley said. "Maybe it's just a sign that times are changing. We want competitors. That's what we're preaching. That's what we're getting, so I can't be here saying that it's something that I don't want ..."

Creating the spark

"Right now we're telling them playoff mentality."
Flames coach Bob Hartley

The Flames (22-29-7) have one day of practice remaining before they host the Los Angeles Kings (31-22-6) on Thursday for their first game in 19 days since losing 2-1 to the Philadelphia Flyers at home on Feb. 8.

"You get that itch to start for real and that's where we're at right now," said Stajan, who downplayed his tussle with Butler. "Sometimes emotions get high in practice and things happen. It was nothing ...

"A little pushing and shoving, it happens all the time. I think we're all antsy here to get back to playing games. You can ask anybody in this room and we're going to be ready for Thursday."

Butler chalked up his run-in with Stajan to restlessness due to too much practising and not enough playing.

"It's over with," he said. "I'm sure we'll laugh about it now. You go almost 20 days in between a game. Everybody enjoys a game of hockey, but these practices haven't been easy ..." THE CANADIAN PRESS

Sanders out of Sask.

Jock joins on with Stampeders

The Calgary Stampeders signed free-agent import kick returner and running back Jock Sanders on Tuesday.

Sanders, 25, spent the past two seasons with the Saskatchewan Roughriders after making his CFL debut with the B.C. Lions in 2011.

Sanders played in 12 regular-season games for Saskatchewan last season and accumulated 1,485 all-purpose yards, including 787 on 35 kickoff returns, and 505 on 64 punt returns. He also rushed 21 times for 78 yards and caught nine passes for 115 yards and one TD. THE CANADIAN PRESS

Returner shuffle

Als scoop up Taylor from Calgary

Larry Taylor is returning to the city where he started his CFL career.

The Montreal Alouettes announced Tuesday that they have acquired the return specialist from Calgary, as well as the Stampeders' fifth-round draft pick in the 2014 CFL Canadian Draft.
THE CANADIAN PRESS

Alexander heads home

Blue Bombers sign local boy at DB

The Winnipeg Blue Bombers have added to their Canadian talent base with the signing Tuesday of Winnipeg-born defensive back Donovan Alexander.

Alexander was released last week by the Eskimos, where he spent the past three seasons at safety.
THE CANADIAN PRESS

NBA. Knicks point guard arraigned on 2 weapons possession charges

New York Knicks point guard Raymond Felton has been arraigned on two weapons possession charges after a lawyer for his wife turned in a loaded semi-automatic handgun to a Manhattan precinct.

Felton did not enter a plea in Manhattan Criminal Court on Tuesday following his early morning arrest at a stationhouse. He was released on $25,000 bail.
THE ASSOCIATED PRESS

Raymond Felton appears in criminal court on Tuesday in New York.
NEW YORK POST/THE ASSOCIATED PRESS

NBA

"There's only so many ways you can talk about off-court stuff until really the focus is on basketball and how the team is doing."

Brooklyn Nets centre Jason Collins, the first openly gay player in NBA history, says it's up to the media to decide when the story becomes more about him just being a basketball player.

NHL. Tavares doesn't regret playing in Sochi

John Tavares' opinion on NHL players participating in the Olympic Games hasn't changed even though his New York Islanders' season ended on the other side of the world while he was wearing the colours of Canada.

"It's obviously a tough situation," the injured Islanders captain said Tuesday following his return from the Sochi Games. "I certainly love playing for my country, and if I got the call again, I would."

The 23-year-old Tavares tore the MCL and meniscus in his left knee a week ago against Latvia. He missed the final two games of Canada's march to the gold medal.
THE ASSOCIATED PRESS

Quoted

"With this game, there is always that risk any time you step on the ice — the possibility of injury." John Tavares

Tulowitzki terse on Yankees trade talk

MLB. All-star shortstop not opposed to idea of replacing Jeter in N.Y.

Colorado slugger Troy Tulowitzki
DUSTIN BRADFORD/GETTY IMAGES

Troy Tulowitzki grew up idolizing Derek Jeter. It's the reason he wears No. 2.

Now Tulowitzki hears daily chatter about possibly taking over for the retiring Jeter at shortstop in New York.

"I take it as an honour for someone to think of myself as someone that possibly could replace him," Tulowitzki said Tuesday.

That doesn't mean the three-time all-star wants to leave Denver. It's just that he knows after four straight years out of the playoffs, after all the injuries that have sidelined him, this season could determine his future.

"I'd love to stay here my whole career," Tulowitzki said. "But I know if you lose, other teams may be calling or things might happen."

The 29-year-old Tulowitzki still has seven years left on a $157.5-million contract that runs through the 2020 season. It's a figure that will weigh on the Rockies if they don't contend soon.

It's also a price tag the Yankees could absorb as they look to replace Jeter, who announced earlier this month he'll retire at the end of the season.

Tulowitzki broke in with the Rockies at the perfect time. He played in a career-high 155 games and hit 24 home runs as a rookie in 2007 when Colorado reached the World Series. They were back in the post-season two years later when he slugged .552.

They haven't been to the playoffs since. And Tulowitzki has played in only 438 of a possible 648 over the past four seasons. There was a broken wrist, a serious groin injury and broken ribs. When healthy, Tulowitzki is a feared hitter. He batted .312 with 25 home runs and 82 RBIs in 126 games last season.

Tulowitzki is upbeat this spring having finally entered camp healthy. He's one of the first players to arrive at the team's spring training complex each morning.

THE ASSOCIATED PRESS

NBA

DeRozan delivers for Raptors with game in balance

DeMar DeRozan scored 16 of his 33 points in the fourth quarter, and the Toronto Raptors won for the sixth time in seven games with a 99-93 victory over the injury-riddled Cleveland Cavaliers on Tuesday night.

Terrence Ross hit a three-pointer with 3:02 remaining to put Toronto ahead 90-89. DeRozan dunked on a baseline drive and added two free throws to give the Raptors a 94-91 lead with 1:23 remaining. The All-Star hit three more free throws in the final 27 seconds to put away the game. THE ASSOCIATED PRESS

NBA

Pacers create space at the top

Paul George scored 12 of his 20 points in the third quarter, Evan Turner had 13 points in his Pacers debut, and Indiana beat the Los Angeles Lakers 118-98 on Tuesday night.

Indiana improved its league-leading record to 43-13. THE ASSOCIATED PRESS

Game on! Sabres get win as blizzard of questions surround Miller's future

Trade rumours are swirling around Sabres goalie Ryan Miller.
THE ASSOCIATED PRESS

Christian Ehrhoff scored twice, including the go-ahead goal with 44 seconds left, in lifting the Buffalo Sabres to a 3-2 win over the Carolina Hurricanes on Tuesday night in the NHL's first game after its Olympic break.

Ryan Miller played a key role in stopping the first 20 shots he faced and 36 overall in what might be the star goalie's final game in Buffalo before the league's trade deadline on March 5. Miller also assisted on both of Ehrhoff's goals, while Drew Stafford also had two assists.

Tyler Ennis also scored for Buffalo, which snapped a four-game skid, and won for only the third time in its past 14 games (3-8-3).

Eric Staal and Alexander Semin scored for the Hurricanes, who lost to Buffalo in regulation for the first time in seven meetings, dating to a 1-0 loss at Carolina on Nov. 18. 2011.

The teams got an early start coming out of the NHL's two-week break. The game was originally scheduled to be played Jan. 9, but postponed after a blizzard hit Buffalo.

Ehrhoff opened the scoring with a power-play goal 5:34 into the second period, and then sealed the victory in a game the Sabres never trailed despite being outshot 38-18.

Circling the Hurricanes' net, Ehrhoff stopped and spun in the right circle, where he attempted to feed the puck through the crease to teammate Marcus Foligno. The puck instead glanced off the stick of Hurricanes defenceman Justin Faulk and floated in over goaltender Cam Ward.

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Offer only available on approved credit (O.A.C.) from Ford Credit. ††The equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer. If/where customers will receive a cheque for the amount of their First 4 Bi-Weekly Payments from the dealer. For all customers, the first monthly payment will be waived and they will receive a cheque for the amount of their bi-weekly payments according to the formula described above – customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with FTP, CPA, GPP, Commercial Fleet, Incentive Program on Daily Rental Allowances incentives. †††Until February 28, 2014, receive 0% APR purchase financing on new 2013 Edge (excluding ST) models for up to 48 months, 2013 Fusion, Taurus, Flex and 2014 Taurus and Escape models for up to 60 months, and 2013/2014 Ford Focus (excluding BEV) and Fiesta models for up to 72 months for qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $20,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $370.83/$416.67/$277.78, cost of borrowing is $0 or APR of 0% and total to be repaid is $20,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. ‡‡ Until February 28, 2014, lease a new 2014 Fusion model for up to 24 months and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Example: Lease a vehicle with a value of $25,765 at 0% APR for up to 48 months with $0 down or equivalent trade in a monthly payment is $536, total lease obligation is $25,765 and combined payment is $1,969. Additional payments required for PPSA, registration, security deposit, MVT fees, fuel/tire borrowings, $0 or APR of 0% and total to be repaid is $25,765. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. ††† Until February 28, 2014, receive 2.99% APR purchase financing on new 2014 Escape models for up to 60 months, 2013 Escape, Focus, Flex and 2014 Focus S, C-Max, Fusion or S 500, Mustang Boss 302, Transit Connect XLT, and Medium Truck (4x4) on Lincoln vehicles (each an "Eligible Vehicle"). Limit one (1) offer per new Eligible Vehicle purchased or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Lincoln Membership Number. Offers in combination with certain other offers. Some conditions and restrictions apply. See participating dealer for complete details. Dealer may sell for less. Offers may be extended, varied or withdrawn at any time without notice. Dealer may not be able to accept all requests. Offers valid only at participating dealers in Canada. Offers cannot be combined with Lease Conquest, Lease Loyalty, Lease Non-Owner Loyalty, Lease Competitive Loyalty, Lease Private Offer, Lease Graduate, Lease Supplier, Lease Fleet, Lease Daily Rental, Lease Government, Lease Commercial, Lease Taxi, Lease Delivery Fleet, Lease Ford Motor Company Fleet, Lease Ford Motor Company Supplier, Lease Ford Motor Company Daily Rental, Lease Ford Motor Company Government, Lease Ford Motor Company Commercial, Lease Ford Motor Company Taxi, Lease Ford Motor Company Delivery Fleet, Lease Ford Motor Company Supplier Fleet, Lease Ford Motor Company Daily Rental Fleet, Lease Ford Motor Company Government Fleet, Lease Ford Motor Company Commercial Fleet, Lease Ford Motor Company Taxi Fleet

Subaru's WRX appeal

PHOTOS: WHEELBASEMEDIA.COM

Compare

1 Ford Focus ST
Base price: $31,700

2 Honda Civic Si sedan
Base price: $27,900

Review. Who says sport cars need to have two doors and must be parked for the winter?

MALCOLM GUNN
wheelbasemedia.com

Compact sedans appeal to a buyer's practical nature. But in the WRX's case, the appeal includes a lively powerplant, four-season driving competency plus sporty suspension and steering components that effectively manage the snakiest of paved and unpaved roadways.

Subaru has made a name for itself providing all-wheel-drive family transportation, but that's just part of the story. Its more competitive side includes the rear-wheel drive BRZ sports car and a couple of turbocharged WRX-branded models with rally-racing pedigrees that makes performance fans salivate.

The 2015 WRX that arrives this spring receives the all-new treatment, but in the process sheds its hatchback option. That's a bit surprising since hot hatches are seemingly all the rage, but since its major competitor, the Mitsubishi Evolution, is strictly sedan-only, Subaru appears to have concluded that a matching sedan is the way to fly.

The WRX has also jettisoned its Impreza tie-in. Henceforth the WRX and the more potent WRX STI offshoot that arrives in updated form later this year will be treated as stand-alone models. While not as eye-catching as the WRX Concept that was revealed at the 2013 New York Auto Show, the production version adopts the cleaner lines of the Impreza, especially from the windshield forward.

Overall, the WRX gains an inch between the front and rear wheels and rear-seat legroom is up by two inches. Additionally, wider-opening rear doors allow easier access to the split-folding rear seat, while trunk space has been modestly increased.

Subaru has done a great job with the WRX's interior accommodations. There's a meaty flat-bottom tilt and telescopic steering wheel that fronts dual gauge pods. They're separated by a small display screen with gear selection, oil and washer-fluid indicators. A larger dash-mounted screen is linked to the standard backup camera and displays turbocharger boost and traction and climate control info.

It's connected to a new six-speed manual transmission (a replacement for the previous five-speed gearbox), while a continuously variable unit (CVT) with paddle shifters is available. This option might surprise WRX fans, but the real surprise is how it mimics a traditional multi-speed automatic. The CVT has six built-in steps when the driver switches to either Intelligent or Sport mode from a steering-wheel-mounted switch. There are eight ratios when the Sport Sharp mode is selected.

The WRX's chassis is now 41 per cent stiffer, with front and rear springs and a front anti-roll bar that have been similarly beefed-up. Larger-diameter front disc brakes also provide greater stopping power. The standard all-wheel-drive has a torque split of 50:50, front to rear, for manual-transmission cars and a 45:55 for CVT versions. Depending on traction, up to 100 per cent of the power can be directed to either axle.

For an estimated base price of $34,500, the WRX comes with lots of gear, but moving up to the Sport Package adds a sunroof, trunk spoiler, LED headlights and an eight-way power driver's seat. The loaded WRX Sport-tech Package includes all of the above content plus keyless push-button start, touch-screen navigation and a 440-watt Harmon Kardon audio system.

The more sophisticated WRX continues on its path of refinement, backed by enough power and agility to keep all aboard amused and secure. What more could you want in a four-season sports car?

2015 Subaru WRX

- **Type.** Four-door, all-wheel drive compact sedan
- **Engines (hp).** 2.0-litre DOHC H4 (268)
- **Transmissions.** Six-speed manual; continuously variable (CVT) opt.
- **Base price (incl. destination).** $34,500

Design

The bulging front and rear fenders, recessed hood-mounted air intake and optional rear spoiler (subtle when compared to the STI's massive wing) remain in evidence, but the whole package now appears better integrated with the rest of the body.

Engine

For 2015, a turbocharged 2.0-litre four-cylinder engine similar to that used in the Subaru Forester produces 268 horsepower and 258 pound-feet of torque. That compares to the previous WRX's 265/244 numbers.

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

Last gen CR-V looks largely trouble-free

Second gear.
2007-2011
Honda CR-V

JUSTIN PRITCHARD
drive@metronews.ca

The CR-V was Honda's top-selling entry into the compact crossover segment occupied by Toyota, Mazda, Nissan, Ford and others. With four-cylinder power on all models, a reputation for reliable and fuel-efficient performance and plenty of flexible utility, it was a machine that connected well with Canadian families. Look for the five-seat crossover with features like heated leather, a sunroof, navigation, Bluetooth, automatic climate control and available real-time four-wheel drive. A five-speed automatic was included on all models. Shopping used? Note that CR-V's naming convention saw lower-end models wearing the 'LX' badge, while EX, EX-L and EX-L Navi models filled the range.

Common issues

Many owners taking to online forums have complained about the durability of the CR-V's factory tires. Make double sure the tires on the model you're considering aren't about to require an expensive replacement. Have a mechanic inspect the CR-V's brakes as well, ensuring they have plenty of life left. While the vehicle is in the air, said mechanic can also check the underside for signs of damage or fluid leakage. Some owners have complained of oil consumption. Some amount is considered normal on virtually every vehicle — though test-drivers are advised to check the CR-V's oil level and condition, and ensure the seller was fond of frequent, high-quality oil changes. Ensure the CR-V you're considering tracks straight and smooth down the road, and question any 'pulling' or vibration felt through the steering, which could be evidence of a front-end steering or suspension issue. Triple check for proper operation of the locks and door handles on all doors, and the hatchback as well. Also, note that the air conditioning system should blow ice-cold air almost instantly after it's engaged. If that's not the case, a bad AC compressor may be to blame. A light, metallic rattle coming from beneath the vehicle may be caused by a rusty or loose catalytic converter heat shield, which some owners simply remove to stop the noise. Ensure all fluid changes are up to date, and note that a 'whining' noise during steering at low speeds could be caused by a worn-out power steering pump, or low power steering fluid level.

PHOTO: HONDA

What owners like

Owners tended to rave about the CR-V's driving position, surprisingly spacious interior, abundant storage facility, flexible cabin, ride quality and maneuverability. Additionally, owners of models with the real-time four-wheel drive system speak highly about the all-weather traction.

What owners dislike

Numerous owners wish for more comfortable seats, a 'richer' and higher-quality cabin feel, and less wind and road noise at speed.

Engine

Power, in any case came from a 2.4 litre four cylinder making 166 horsepower. That figure was bumped to 180 later in the CR-V's life.

The verdict

Expensive, driveline-related issues with the CR-V seem to be a non-issue in this generation. Problems are likely to be minor, and owners of a well-maintained used model can expect reliable operation and a used crossover price premium in exchange for it.

56 SALE
DOWN PAYMENTS $56
PER WEEK $56
MILES PER GALLON 56
2014 MAZDA3 SEDAN
SKYACTIV-G 2.0L DOHC 16-Valve 4-cylinder engine, SKYACTIV-MT 6-Speed Manual Transmission ABS w/Electronic Brake Force Distribution, Dynamic Stability Control (DSC), Traction Control System (TCS)
4-Wheek Disc Brakes, Electric Assist Steering, Active Head-Rests, Anti-Theft Alarm Immobilizer, Glass Antenna Body Coloured Power Side Mirrors, Convex Passenger Side Ext. Mirror, Adjustable Intermittent Wipers, Dual Sport Exhaust, Body Coloured Door Handles, Auto-Off Headlights Rear Window Defogger
2 Remote Key Fobs, Keyless Entry, Push-Button Ignition, Speed Sensing Door Locks, Bluetooth Connectivity, Audio & Bluetooth Steering Controls CD Player w/MP3 Capability, USB Input
Auxiliary Input, Tilt & Telescopic Steering, 6-Way Driver's Seat, Front & Rear Floor Mats, Power Windows w/Driver Timer
mazda
Rob Orchard General Manager
Paul Dow Sales Manager
Kanny See Financial Service
Kelly Scott Sales Representative
Donna Ritter Sales Representative
NORTH Hill mazda .com
1211 CENTRE STREET NORTH | 403.276.5962
Payments of $56 per week are based on a 48 month lease term allowing 20KMs per year. Total to start, $301.61 including taxes. 56MPG as per the Canadian Fuel Consumption Guide. See dealer for complete details.

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PREMIUM INTERIOR

2ND ROW SUPER STOW 'N GO®

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$20,398* PURCHASE PRICE INCLUDES $2,000 CONSUMER CASH^ AND FREIGHT.

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AVAILABLE FEATURES

• 2.4 L (16V I-4) with 4-speed automatic • Second-row 60/40 split-folding seat • Air conditioning with dual-zone temperature control • Uconnect™ 4.3 Multimedia Centre • Keyless Enter 'n' Go™

LESS FUEL. MORE POWER. GREAT VALUE.

15 VEHICLES WITH 40 MPG HWY OR BETTER.

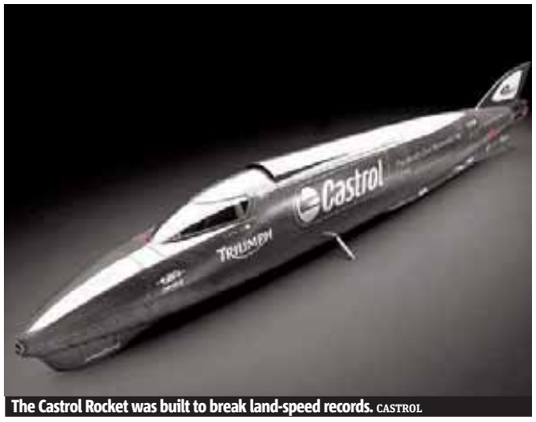
CHRYSLER Jeep DODGE RAM

Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your dealer for the EnerGuide information. ©2014 Dodge Grand Caravan – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2014 Dodge Journey SE 2.4 L 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 10.8 L/100 km (26 MPG). Wise customers read the fine print: •, ‡, », €, § The First Big Deal Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after February 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. *$20,998 Purchase Price applies to 2014 Dodge Grand Caravan Value Package (29E) only and includes $8,100 Consumer Cash Discount. $20,398 Purchase Price applies to the new 2014 Dodge Journey Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. ^Consumer Cash Discounts are offered on select new 2014 vehicles and are deducted from the negotiated price before taxes. ‡4.29% purchase financing for up to 96 months available on the new 2014 Dodge Grand Caravan Canada Value Package/Dodge Journey Canada Value Package model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Examples: 2014 Dodge Grand Caravan Canada Value Package/2014 Dodge Journey Canada Value Package with a Purchase Price of $20,998/$20,398 (including applicable Consumer Cash and Ultimate Bonus Cash Discounts) financed at 4.29% over 96 months with $0 down payment equals 208 bi-weekly payments of $119/$116 with a cost of borrowing of $3,826/$3,717 and a total obligation of $24,824/$24,115. +Ultimate Family Package Discounts available at participating dealers on the purchase of a new 2014 Dodge Grand Caravan SXT with Ultimate Family Package (RTKH53296/JCDP4928K). Discount consists of: (i) $2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) $850 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your dealer for complete details. €$10,350 in Total Discounts is available on new 2014 Dodge Grand Caravan SXT models with Ultimate Family Package (RTKH53296/JCDP4928K) and consists of $7,000 in Consumer Cash Discounts and $3,350 in Ultimate Family Package Discounts. §Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g. paint). Upgrades available for additional cost. ^Based on 2014 *Ward's* Middle Cross Utility segmentation. SM/®The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.**

Throw your leg over and try The Motorcycle Show

Sit on all the bikes. Except for the ultra fast and ultra rare models, visitors can fake two-wheeled thrills on any models in the exhibit.

AUTO PILOT
Mike Goetz
drive@metronews.ca



The Castrol Rocket was built to break land-speed records. CASTROL

The 2014 Indian Chief's leather fringed side bags say vintage all over. CONTRIBUTED

Not much motorcycling going on Canadian roads this winter, unless you're one of those hardy souls who ride year-round with no sense in your head and lots of long underwear swaddling your nether regions.

But there is lots of motorcycle action to be had indoors, such as in The Motorcycle Show (operated by Power Sport Services) crossing the country this winter. This past weekend the show touched down at Toronto's Direct Energy Centre, a newish venue, bigger and better than in previous bike shows, even though the hot dogs and pizza slices still cost eight bucks or so.

I love motorcycle shows almost more than automotive shows, mostly because of this fact: cars have adjustable seats and steering wheels and motorcycles don't. Consequently, motorcycles have to fit your body type and your preferred riding position before you could even consider anything else about it … And the only way to determine a good fit is to throw a leg over the bike and sit on it. A motorcycle show lets you do that over and over again, even if you're not in the market for anything and just doing it for curiosity sake. Way more entertaining than trying on jeans for example, and also less claustrophobic.

Of course there are always bikes on a show floor you can't sit on, because they're super special in some way, and the Toronto show had two such knockouts: the Triumph Streamliner called the Castrol Rocket and the century-old Indian Boardtrack Racer.

The Castrol Rocket is built to break the world land-speed record for motorcycles, currently set at 605 kilometres per hour. The goal of the Castrol Rocket is 643 km/h.

The 25-foot long "motorcycle" has Carbon Kevlar monocoque construction, and two turbocharged Triumph Rocket III engines running on methanol, for about 1,000 horsepower, give or take.

Even though quite a few motorcycles have been designed since 1913, many feel the Indian Boardtrack factory racer, circa 1913, to be one of the most beautiful and purist motorcycle designs ever conceived. I guess it helps when you don't have to put a lot of extraneous features on the bike, like rear suspension, a starter, lights … and brakes! These bikes really only have two controls, a spark advance and a kill switch.

These bikes are rare and incredibly valuable, but this particular one is even cooler, because it is in original, in unrestored condition and believed to be actually raced in Toronto back in the day, by legendary Canadian motorcycle board track and flat track racer, Harold Cole.

So the Castrol Rocket was the fastest bike at the show and the Indian was the oldest. Let's look at a couple of other categories you might be wondering about…

Frilliest? Probably the 2014 Indian Chief, by virtue of its totally vintage and outlandish leather-fringed side bags.

Most Frugal? Probably the new 2014 Honda Grom. Not only is it small, but the 125-cc powered bike is also a category buster. What is it? Big mini bike? Small motorcycle? Medium weight lifting equipment?

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Selling price is $30,111 on a new 2014 Acura ILX (Model DE1F3EJ). Selling price includes $1,995 freight and PDI, excise tax ($100), new tire surcharge ($20) and AMVIC fee ($6.25). License, insurance, registration and taxes (including GST) are extra. *Limited time lease offer based on a new 2014 Acura ILX (Model DE1F3EJ) available through Acura Financial Services, on approved credit. Representative lease example: 0.9% lease rate for 36 months. Bi-weekly payment is $178 (includes $1,995 freight and PDI) with $0 down payment. 16,000 km allowance/year; charge of $0.15/km for excess kilometres. Total lease obligation is $13,884. Offer includes excise tax ($100), new tire surcharge ($20), AMVIC fee ($6.25), PPSA ($11) and lease credit ($1,000 to retailer). License, insurance, registration, options and applicable fees, duties and taxes are extra (including GST). †$2,500 cash purchase incentive available on select new 2014 Acura ILX models (Models DE1F5EJN, DE2E7EKN, DE1F7EKN, DE3F7EKN). $1,500 will be deducted from the negotiated selling price of the vehicle before taxes and $1,000 will be deducted after taxes. Cash purchase incentive cannot be combined with lease, finance or other offers. Some terms/conditions apply. Model shown for illustration purposes only. Offers end February 28, 2014, are subject to change or cancellation without notice and are only valid for Alberta residents at Alberta Acura retailers. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. See your Calgary Acura retailer for full details.
AMVIC LICENSEES

Horoscopes

♈ Aries
March 21 - April 20
You may be anxious to see progress but if you take a risk too many, you could take a rather big step in the wrong direction. If you do, there is no point rebuking yourself. It happens sometimes.

♉ Taurus
April 21 - May 21
You seem to be putting off something you know you will enjoy. Whatever the reason, you need to get started on it soon. Don't worry that there may be an element of risk.

♊ Gemini
May 22 - June 21
Everyone at some time or another wishes they could go back and undo what they have done. With that in mind, don't be too hard on yourself if you realize you could have done more or done better.

♋ Cancer
June 22 - July 23
Even the experts get it wrong and if your hunches tell you that someone in a position of influence does not know what they are talking about, then by all means ignore any advice they give you.

♌ Leo
July 24 - Aug. 23
Be careful you don't get swept and end up doing things you might later regret. It's rarely a good idea to follow the herd and someone with your enquiring mind has no need to let others think for them.

♍ Virgo
Aug. 24 - Sept. 23
Patience is a must today because if you act impulsively you will lose out. You may be frustrated that something you are working on isn't progressing as quickly as you would like but what's the rush?

♎ Libra
Sept. 24 - Oct. 23
It would be nice if you could solve all the world's problems, but be realistic: You can't come close. What you can do is join with those who share your views and aim to change one specific thing for the better.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that what you say over the next 24 hours will be taken the wrong way and used against you in the future. Misunderstandings can be costly, so spell out what you mean in plain language.

♐ Sagittarius
Nov. 23 - Dec. 21
If you need help, speak up. You have helped others out so many times in the past that they will go out of their way to help you in return, but they can't do that unless they know you are hurting.

♑ Capricorn
Dec. 22 - Jan. 20
You don't mind taking chances but with Jupiter in your opposite sign at odds with Uranus, planet of the unexpected. Today, it might be better to play safe. There is no such thing as a sure thing.

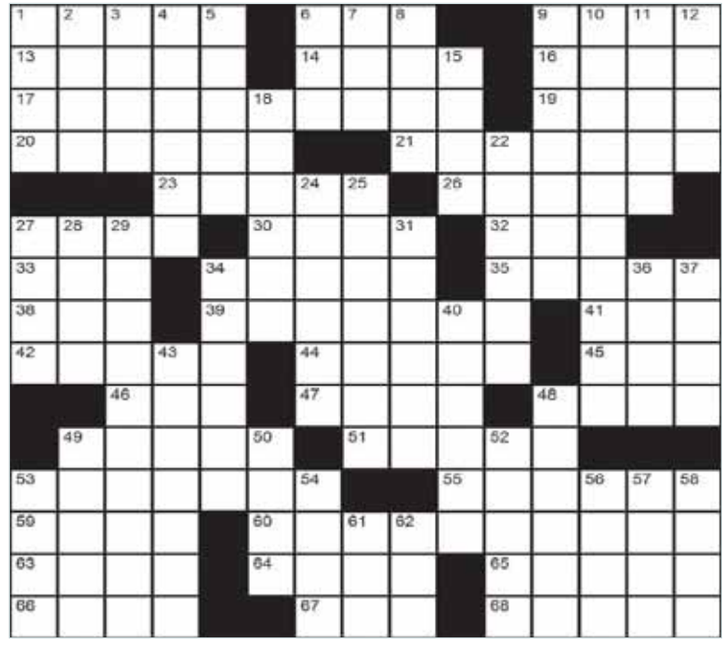
♒ Aquarius
Jan. 21 - Feb. 19
You want to do something for people who are less well off than you. That's noble but don't throw money at the first good cause that comes along. Get involved in a project that will make a lasting difference.

♓ Pisces
Feb. 20 - March 20
With Jupiter and Uranus at odds today, any decision you make is likely to have unforeseen consequences. Leave thing alone for the next 24 hours. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

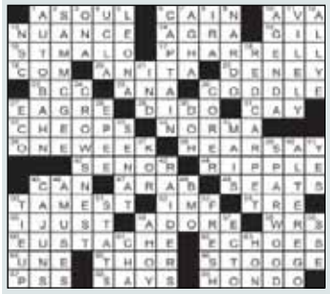
BY KELLY ANN BUCHANAN



Across
1. Vancouver stadium, BC __
6. Conrad __ (Actor on Bravo's set-in-Montreal police drama "19-2")
9. Nunavut: King William Island settlement, __ Haven
13. U2's drummer
14. Verdi opera
16. 'Exfol' ending
17. Best Picture winner directed by Clint Eastwood
19. X-__ knife
20. Add earth again
21. Have, as pretzels: 2 wds.
23. Type of religious belief
26. Declares
27. Zigs pals
30. Catriona Le May __
32. US docs' org.
33. Bread's "Baby __-_ Want You"
34. Sierra __
35. "Royals" singer
38. __'easter
39. Chrysler Building's style: 2 wds.
41. Fresh
42. Certain chamber
44. __ __ stock (Was available)
45. Ms. Gabor
46. Gladiator's 151
47. European erupter
48. Press
49. West or East, in Canada
51. Footnote abbr. meaning 'and the following' in Latin: 2 wds.
53. Extinct culture of Newfoundland
55. "Downtown" singer Ms. Clark
59. Dog food brand
60. Adhesive kind: 2 wds.
63. Jazzy Ms. Laine
64. "Who knows?" = "Qui __?" en francais
65. "_ __ a Message" by INXS
66. 'Life Is Peachy' band
67. Bigger sizes, e.g.
68. __ humains (Human beings, in French)

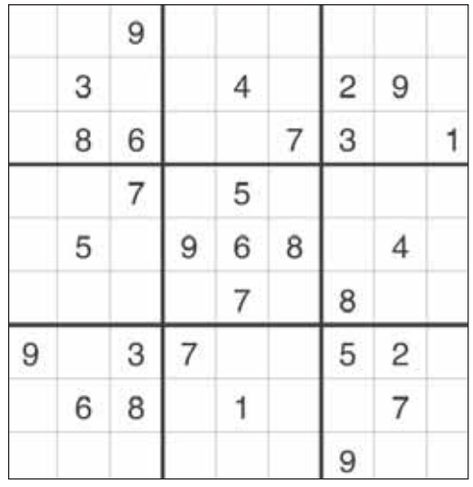
Down
1. Not singular [abbr.]
2. Street for Lois?
3. Pound sounds
4. 2014 Best Animated Feature nominee, "The __"
5. Hawk's habitation, variantly
6. Gambling game, __ Gow
7. Ms. Ullmann
8. Citrus coolers
9. Opera composer Mr. Puccini
10. Movie bigwig (b.1892 - d.1978) from London, ON who formed a still-existing-today movie studio with his brothers: 2 wds.
11. Mr. Preminger's 12. "__ Flux" (2005)
15. Ms. Faris
18. Sailplane
22. Newfoundland: __ Peninsula
24. Comfort
25. Authorization
27. Multivitamin mineral
28. Love: Spanish
29. "High Noon" (1952) star who won Best Actor: 2 wds.
31. "You __ bother."
34. On the tardy side
36. "Whip It" band
37. Mr. McGregor
40. The Company operative: acr. + wd.
43. Oliver Stone's Best Director war movie
48. Smartness meas.: 2 wds.
49. Stringed instrument
50. Wed's predecessor
52. Spooky
53. Not front
54. 2001 planetary Kevin Spacey flick
56. Addict
57. Queue
58. Ets equivalents
61. Lubricate
62. Cadillac's lettered sedan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	8	7	9	2	5	3	1
1	5	3	6	8	4	7	9	2
9	2	7	1	5	3	6	8	4
5	1	4	8	3	7	2	6	9
3	6	9	2	4	5	8	1	7
7	8	2	9	6	1	3	4	5
8	9	5	4	7	6	1	2	3
4	3	1	5	2	8	9	7	6
2	7	6	3	1	9	4	5	8

Weather

TODAY	THURSDAY	FRIDAY
MAX: 1°	MAX: -7°	MAX: -16°
MIN: -9°	MIN: -11°	MIN: -31°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

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HYUNDAI ADVANTAGE

- **5 YEAR** COMPREHENSIVE WARRANTY††
- **5 YEAR** LEASING WITH BI-WEEKLY PAYMENTS
- **5 YEAR 0%** FINANCING AVAILABLE

ON SELECT MODELS

2014'S WITH BI-WEEKLY LEASING

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM▼

Limited model shown

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

GLS model shown

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM▼

Limited model shown

2014 SANTA FE SPORT 2.4L FWD

■ HEATED FRONT SEATS ■ AM/FM/XM™/CD/MP3 6-SPEAKER AUDIO SYSTEM W/ AUX/USB JACKS ■ BLUETOOTH® HANDS-FREE PHONE SYSTEM ■ STABILITY MANAGEMENT WITH ESC AND TRACTION CONTROL

5 YEAR LEASE

$158 BI-WEEKLY WITH $2,495 DOWN AT 3.9%† FOR 60 MONTHS

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR†† WARRANTY

2014 ACCENT 4-DR L

■ 1.6L GASOLINE DIRECT INJECTION ENGINE ■ AM/FM/CD/MP3/ USB/IPOD AUDIO SYSTEM ■ POWER DOOR LOCKS ■ FRONT, SIDE AND CURTAIN AIRBAGS

5 YEAR LEASE

$82 BI-WEEKLY AT 0.9%† FOR 60 MONTHS WITH $0 DOWN

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR†† WARRANTY

2014 TUCSON GL

■ HEATED FRONT SEATS ■ EZ LANE CHANGE ASSIST ■ IPOD/USB/MP3 AUXILARY INPUT JACKS ■ INTEGRATED BLUETOOTH® HANDS-FREE PHONE SYSTEM ■ LED HEADLIGHT ACCENT W/ LED DAYTIME RUNNING LIGHTS

5 YEAR LEASE

$128 BI-WEEKLY WITH $1,895 DOWN AT 2.9%† FOR 60 MONTHS

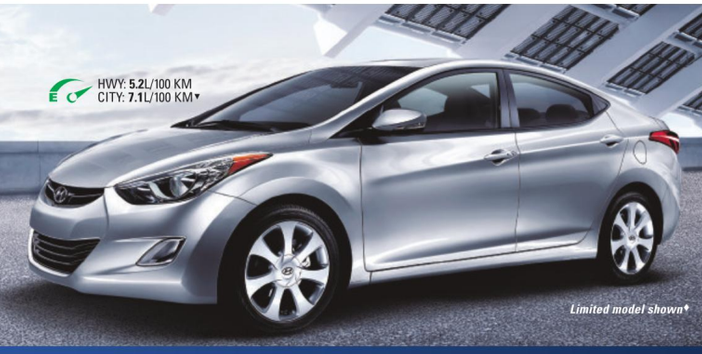
THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR†† WARRANTY

GET UP TO $5,000 IN PRICE ADJUSTMENTSΩ ON SELECT 2013 MODELS
(AMOUNT SHOWN ON 2013 SONATA HYBRID)

2013 ELANTRA L

OWN IT FOR $12,995

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼



Limited model shown♦

ALL-IN PRICING
INCLUDES PRICE ADJUSTMENTSΩ, DELIVERY & DESTINATION.

5 YEAR†† WARRANTY

5 YEAR WARRANTY
5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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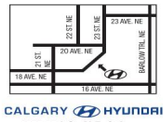
™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2014 Santa Fe Sport 2.4L FWD/Accent 4-Door L/Tucson 2.0L GL FWD MT with an annual lease rate of 3.90%/0.90%/2.90%. Bi-weekly lease payment of $158/$82/$128 for a 60 month walk-away lease. Down Payment of $2,495/$0/$1,895 and first monthly payment required. Total lease obligation is $23,035/$10,660/$18,535. Lease offers include Delivery and Destination of $1,760/$1,550/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km on all models except Genesis Sedan and Equus where additional charge is $0.25/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Lease a new 2014 Accent 4 Dr L and you'll be entitled to a $225 dealer to customer lease credit. Dealer to customer lease credit applies before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Price of models shown: 2013 Elantra Limited is $24,985. Prices include Delivery and Destination charges of $1,550. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded.▼Fuel consumption for new 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City10.2.L/100KM), Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM)/Tucson 2.0L GL FWD MT (HWY 7.2L/100KM; City 10.0L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $5,000 /$4,540 available on 2013 Sonata Hybrid/ 2013 Elantra L 6-Speed Manual. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

YOUR CALGARY HYUNDAI™ DEALERS



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THE HYUNDAI GALLERY
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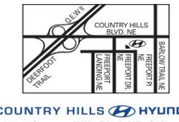

COUNTRY HILLS HYUNDAI
2307 Country Hills Blvd. NE, Calgary
403-984-9696